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*primary studies - published RCT*

## **Dietary essential amino acids are highly anabolic in pediatric patients with cystic fibrosis.**

**Code:** PM23357545

**Year:** 2013 **Date:** 2013

**Author:** Engelen MP

### **Study design (if review, criteria of inclusion for studies)**

randomized crossover design

### **Participants**

15 pediatric CF patients

### **Interventions**

6.7 g EAA versus mixture of total amino acids as present in whey.

### **Outcome measures**

Whole body protein and Arginine metabolism (as EAA lack Arginine) were assessed by stable isotope methodology.

### **Main results**

Protein synthesis (P

### **Authors' conclusions**

CF patients are highly responsive to EAA intake independent of their nutritional status. Addition of Arginine to the EAA mixture may be warranted in CF.

<http://dx.doi.org/10.1016/j.jcf.2012.12.011>

### **See also**

J Cyst Fibros. 2013 Sep;12(5):445-53. doi: 10.1016/j.jcf.2012.12.011. Epub 2013 Jan 26.

### **Keywords**

Amino Acids; Proteins; Supplementation; non pharmacological intervention - diet;