

primary studies - published RCT

Choline Supplementation with a Structured Lipid in Children with Cystic Fibrosis: A Randomized Placebo-Controlled Trial.

Code: PM26465792

Year: 2015 Date: 2017

Author: Schall JI

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

Double-blind, parallel design randomized clinical trial

Participants

Forty CF children

Interventions

Children were assigned to receive either two synbiotic supplements or placebo each day for 6 months.

Outcome measures

The number of pulmonary exacerbations, the frequency of hospitalization and BMI z-score changes over 6 months.

Main results

There were no significant differences in the number of pulmonary exacerbation ($P=0.92$), duration and number of hospitalization ($P=0.91$ and $P=0.98$, respectively) between groups during the intervention. The synbiotic also did not have a significant effect on forced expiratory volume in one second (FEV₁, $P=0.22$) and BMI z-score ($P=0.77$).

Authors' conclusions

The synbiotic had no significant effect on pulmonary and anthropometric outcomes in children with CF. Further studies are necessary to confirm these findings.

<http://dx.doi.org/10.1097/MPG.0000000000001004>

See also

J Pediatr Gastroenterol Nutr. 2015 Oct 9.

Keywords

Child; Probiotics; Supplementation; Oral; Immunoregulatory; pharmacological_intervention; Adult; Lactobacillus; Synbiotic;