
primary studies - published RCT

Glutamine supplementation in cystic fibrosis: A randomized placebo-controlled trial.

Code: PM26709241

Year: 2015 **Date:** 2015

Author: Forrester DL

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

Randomized double-blind placebo-controlled study design with an iso-nitrogenous placebo.

Participants

39 Cystic fibrosis adults patients

Interventions

Glutamine supplementation (21 g/day) for 8 weeks or iso-nitrogenous placebo.

Outcome measures

The primary analysis was intention to treat, and the primary outcome was change in induced sputum neutrophils.

Main results

Thirty-nine individuals were recruited and thirty-six completed the study. Glutamine supplementation had no impact on any of the outcome measures in the intention-to-treat analysis. In the per protocol analysis, glutamine supplementation was associated with an increase in induced sputum neutrophils ($P = 0.046$), total cells ($P = 0.03$), and in *Pseudomonas* isolation agar colony forming units ($P = 0.04$) compared to placebo.

Authors' conclusions

There was no effect of glutamine supplementation on markers of pulmonary inflammation in the intention-to-treat analysis.

<http://dx.doi.org/10.1002/ppul.23370>

See also

Pediatr Pulmonol. 2015 Dec 27. doi: 10.1002/ppul.23370.

Keywords

Adult; Aged; Glutamine; non pharmacological intervention - diet; Supplementation; Amino Acids; Proteins;