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.

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See also

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Keywords

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