

---

primary studies - published RCT

## Effect of Oral Lipid Matrix Supplement on Fat Absorption in Cystic Fibrosis: A Randomized Placebo-Controlled Trial.

**Code:** PM27050056

**Year:** 2016 **Date:** 2016

**Author:** Stallings VA

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

Randomized, double-blinded, placebo-controlled trial

### Participants

110 subjects (age 10.4 +/- 3.0 y)

### Interventions

LYM-X-SORB (LXS), an easily absorbable lipid matrix that enhances fat absorption

### Outcome measures

plasma fatty acids (FA), and coefficient of fat absorption (CFA)

### Main results

Total FA increased with LXS at 3 and 12 months (+1.58; +1.14 mmol/L) and not with placebo (P = 0.046). With LXS, linoleic acid (LA) increased at 3 and 12 months (+298; +175 nmol/mL, P

### Authors' conclusions

LXS treatment improved dietary fat absorption compared to placebo as indicated by plasma FA and LA and was associated with better growth status.

<http://dx.doi.org/10.1097/MPG.0000000000001213>

### See also

J Pediatr Gastroenterol Nutr. 2016 Mar 31.

### Keywords

Child; Gastrointestinal Diseases; Lym-X-Sorb; non pharmacological intervention - diet; Pancreas insufficiency; Pancreatic Diseases; placebo; Malabsorption; Nutrition Disorders; Powders; Phosphatidylcholines; Gastrointestinal Agents; essential fatty acids;