primary studies - published, non RCT

Taurine supplementation, fat absorption, and growth in cystic fibrosis.

Code: PM3309233 **Year:** 1987 **Date:** 1987 **Author:** Thompson GN

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

12-mo double-blind crossover trial

Participants

21 preadolescent children with cystic fibrosis (CF)

Interventions

taurine supplementation (30 to 40 mg/kg/24 hr)

Outcome measures

fat absorption, plasma linoleic and arachidonic acid, plasma/serum vitamin A, E, and D, height and weight

Main results

The mean coefficient of fat absorption was unchanged by taurine both in the unselected study group (without taurine, mean +/- SD 84.0% +/- 11.9%; with taurine, 84.4% +/- 11.8%, n = 20) and in a subgroup of seven children with moderately severe fat malabsorption (without taurine, 75.6% +/- 15.6%; with taurine, 74.8% +/- 14.6%). The mean fecal split fat/total fat ratio, which generally reflects bile acid-related fat malabsorption, was also unchanged. Linoleic and arachidonic acid deficiencies noted in plasma before supplementation showed no significant improvement with taurine supplementation. Likewise, plasma/serum vitamin A, E, and D levels were unchanged. Standard scores for height and weight were not affected significantly.

Authors' conclusions

This study does not support the use of taurine supplementation in the nutritional management of CF.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/200/CN-00050200/frame.html

See also

The Journal of pediatrics YR: 1987 VL: 111 NO: 4

Keywords

Child; non pharmacological intervention - diet; Supplementation; taurine; Vitamins; Malabsorption; Nutrition Disorders; Amino Acids; Proteins;