*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;