primary studies - published RCT

Effect of Camel Milk on the Spirometry Parameters of Children With Cystic Fibrosis: The First Double Blind Randomized Clinical Trial.

Code: PM41147218 **Year:** 2025 **Date:** **Author:** Sayedi SJ

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

Randomized double-blind clinical trial

Participants

60 CF children aged more than 6 years were included.

Interventions

300 milliliters of camel milk or cow milk (as a placebo) daily for 2 months.

Outcome measures

The spirometry parameters and medications were assessed before and 2 months after intervention.

Main results

Sixty patients completed the trial. Patients were similar in baseline characteristics (pâ€‰>â€‰0.05). Two months after intervention the percentage change in the forced expiratory volume (FEV1) was 10 (2, 31) and -1 (-12, 1) in the intervention and control respectively (p-valueâ€‰

Authors' conclusions

Our findings strongly support the benefits of camel milk on respiratory function and the improvement of general conditions in CF patients. More studies are needed to confirm the present evidence.

http://dx.doi.org/10.1002/ppul.71298

See also

Pediatr Pulmonol. 2025 Oct;60(10):e71298. doi: 10.1002/ppul.71298.

Keywords

Child; Minerals; non pharmacological intervention - diet; Supplementation;