*primary studies - published RCT*

# Long-term oral vitamin E supplementation in cystic fibrosis patients: RRR-alpha-tocopherol compared with all-rac-alpha-tocopheryl acetate preparations.

**Code:** PM8615355 **Year:** 1996 **Date:** 1996 **Author:** Winklhofer-Roob BM

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

randomized trial

### Participants

29 CF patients (aged 0.7-29.8 y)

### Interventions

400 IU of either RRR-alpha-tocopherol (A: 268 mg, n = 10) or all rac-alpha-tocopheryl acetate as a fat-soluble (B: 400 mg, n = 10) or water-miscible preparation (C: 400 mg, n = 9). patients were followed for 6 wk. Because of differences in body weight, the dose administered ranged from 5.5 to 47.4 IU x kg-1 x d-1;

### Outcome measures

plasma alpha-tocopherol

### Main results

In the whole study group, plasma alpha-tocopherol concentrations increased from baseline (10.5 +/- 4.6 micromol/L) to 3 wk (25.7 +/- 6.5 micromol/L; P

### Authors' conclusions

CF patients can be efficiently supplemented with 400 IU/d of any one of the three vitamin E preparations and plasma values of healthy control subjects can be achieved.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/330/CN-00124330/frame.html

### See also

Am J Clin Nutr. 1996 May;63(5):722-8.

### Keywords

Adolescent; Adult; Antioxidants; Child; Gastrointestinal Diseases; Infant; Liver Diseases; non pharmacological intervention - diet; Oral; pharmacological_intervention; Supplementation; vitamins; Vitamin E; Vitamins;