

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:** 2000

**Author:** Winkhofer-Roob BM

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

RCT

### **Participants**

24 CF patients (aged 12. 8 +/- 6.3 years). As controls 14 healthy age-matched subjects (aged 14. 7 +/- 6.2 years) were studied.

### **Interventions**

Patients of the CF supplementation group received 1 mg beta-carotene/kg body weight (BW)/day (maximally 50 mg beta-carotene/day) for the first 12 weeks; during the following 12 weeks, dosage was reduced to 10 mg beta-carotene/day.

### **Outcome measures**

plasma beta-carotene, plasma concentrations of other carotenoids and retinol, plasma alpha- and gamma-tocopherol, TBA-MDA complexes and total antioxidative capacity

### **Main results**

At study entry, plasma beta-carotene concentrations were significantly lower in CF patients than in controls (p

### **Authors' conclusions**

CF patients can be efficiently supplemented with 1 mg beta-carotene/kg BW/day (maximally 50 mg beta-carotene/day) to achieve plasma concentrations of healthy control subjects and to minimize oxidative stress, improving the quality of life of CF patients.

<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; non pharmacological intervention - diet; Oral; pharmacological\_intervention; placebo; Supplementation; Vitamin A; Vitamins;