

## 2017. No-carrageenan diet

RCT/diet/UC /Time to relapse

Randomized, double-blind, placebo-controlled, multicenter trial. Patients with UC in remission were instructed in the no-carrageenan diet and were randomized to either placebo or carrageenan-containing capsules (less than the average daily carrageenan intake from diet). Patients followed by telephone every 2 weeks until relapse or for 1 year.

Primary endpoints: Relapse defined as  $\geq 2$  points increase in SCCAI AND intensification of treatment

### Results: N=12

- Relapse occurred in 3 of the carrageenan capsules vs 1 in placebo, log-rank  $p=0.046$ .
- Patients on carrageenan capsules showed increases in IL-6 ( $p=0.02$ ) and FC ( $p=0.06$ ) but not in the placebo group

### Conclusion:

Carrageenan intake contributed to earlier relapse in patients with ulcerative colitis in remission. Restriction of dietary carrageenan may benefit patients with ulcerative colitis.

## A randomized trial of the effects of the no-carrageenan diet on ulcerative colitis disease activity

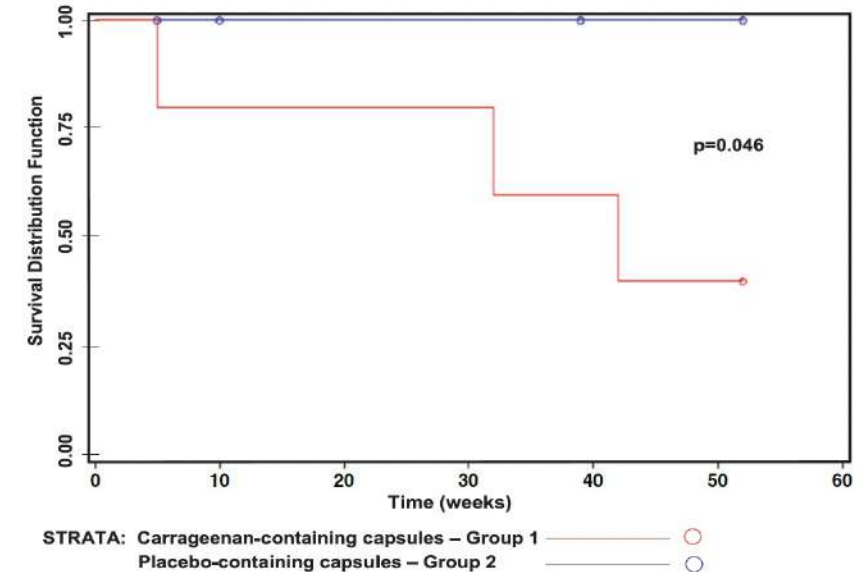


Fig. 3. Kaplan-Meier curves comparing the carrageenan-supplemented group (Group 1) and the placebo group (Group 2). Kaplan-Meier curves indicate significant differences between the two study groups. Three dropouts in the control group occurred, at 5, 10, and 39 weeks. Relapses in the carrageenan supplement group occurred at 5, 32, and 42 weeks.

