

Single center, RCT, double-blind, placebo-controlled trial. Adult patients with IBD in remission with biologics and/or immunosuppressants with no-vitamin-deficiency were randomized to receive a daily multivitamin and mineral supplement or placebo and report the occurrence of infections within 24 weeks.

Primary endpoints: Difference in the incidence of infections.

Results: N=320

- At week 24, 66% multivitamin vs 68% placebo had an infection (unadjusted OR, 0.93; 95% CI, 0.56-1.48)..
- At week 24, 32 patients multivitamin vs 21 patients in placebo group received antibiotic for an infection, unadjusted OR 1.61 (95%CI, 0.88-2.93)
- Compliance measured by tablet count for the supplements were 80% and 85% for multivitamin and placebo respectively.
- No differences in vaccination status for COVID and influenza between groups

Conclusion:

An over-the-counter multivitamin and mineral supplement did not reduce the risk of infection for patients with IBD in remission with immunomodulators, biologic therapy, or combination therapy.

The Efficacy of an Over-the-Counter Multivitamin and Mineral Supplement to Prevent Infections in Patients With IBD in Remission With Immunomodulators and/or Biological Agents: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial

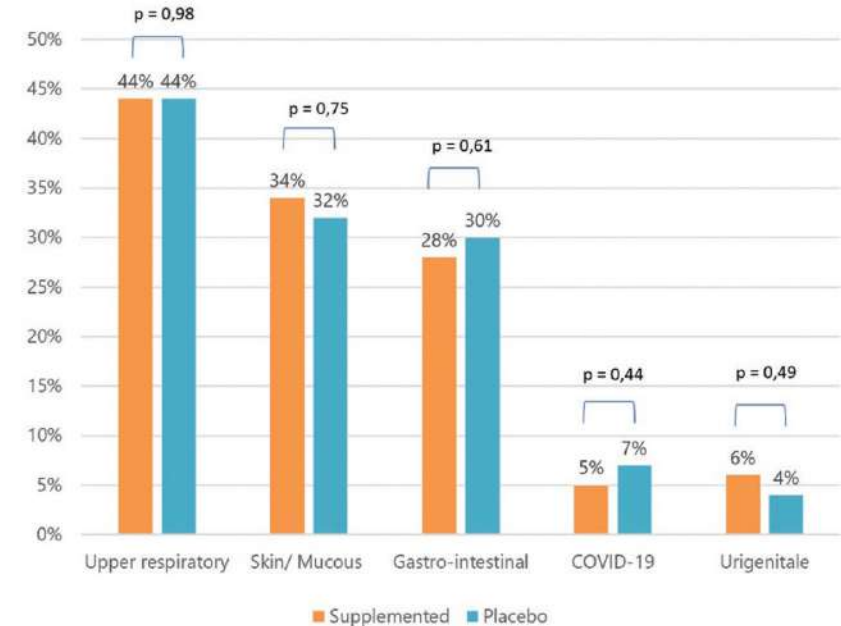


Figure 2. Patients with infection by organ system during 24-week follow-up.

