

2024. Coconut water

RCT/Coconut water/ UC/Induction

Coconut water induces clinical remission in mild to moderate ulcerative colitis: double-blind placebo controlled trial

Single-center, double-blind placebo controlled trial. Patients with mild-moderate UC were randomized to coconut water 400ml/day + standard therapy (5ASA &/or thiopurine) vs placebo (water with flavour)+ standard therapy during 8 weeks

Primary endpoint: Clinical remission (SCCAI \leq 2) at week 8

Results: N=95

- Clinical remission 53.1%coconut vs 28.3% placebo, p=0.02
- Clinical response, 57.1% coconut vs 38.3% placebo, p=0.01
- Proportion of patients with FC<150 superior in coconut water arm30.6% vs 6.5%
- No differences in endoscopic response or remission.

Conclusion:

Coconut water was more effective than placebo for induction of clinical remission in patients with mild to moderate UC

