

# Effect of KFibre in heartburn

ACTRN12619001204134

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Status	RECRUITING
Sponsor	University of Tasmania
Enrollment	40 participants

## Plain Language Summary

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This trial is exploring whether KFibre — a natural fibre product made from sugar cane in Australia — can help people who suffer from heartburn or gastroesophageal reflux disease (GERD). GERD is an extremely common condition where stomach acid flows back into the oesophagus, causing the burning sensation we know as heartburn. It affects around one in five Australians and can seriously affect daily life and quality of sleep.

The study will test whether taking KFibre regularly can reduce or control heartburn and reflux symptoms. Participants will be randomly assigned to either take KFibre or a comparison treatment, and researchers will track how their symptoms change over time. This is a preliminary human trial to see whether what has been observed informally in KFibre customers can be confirmed in a more rigorous setting.

You may be eligible if you are aged 18 to 75, experience heartburn or regurgitation at least three times a week, and do not have serious gastrointestinal conditions like Barrett's oesophagus or peptic ulcers. Women who are pregnant or breastfeeding are not eligible. If heartburn is something you deal with regularly and you are looking for a natural approach, this trial may be worth exploring.

## Key Eligibility Criteria

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### Inclusion (6)

- Male or Female
- Ages 18-75
- Heartburn and/or regurgitation at least 3 times a week during the 7 day run-in period prior to randomization.
- Able to read, understand, and complete study questionnaires and record
- Able to understand the study procedures and sign informed consent
- ... and 1 more (see full listing online)

### Exclusion (9)

- Subjects with Barrett's esophagus, non-erosive reflux disease, EE grades A or B, or peptic stricture on endoscopy
- Subjects with previous upper gastrointestinal surgery
- Subjects with clinically significant underlying comorbidity
- Helicobacter pylori positive
- Clinically significant GI bleed within the last 3 months
- ... and 4 more (see full listing online)

## Locations (1 total)

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TAS, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619001204134>

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