

# Efficacy of Glutamine Supplementation in Patients Suffering From Irritable Bowel Syndrome With Impaired Intestinal Permeability

NCT06291038

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University Hospital, Rouen
<b>Enrollment</b>	60 participants

## Key Eligibility Criteria

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### Inclusion (8)

- Adult aged 18 to 75
- Diarrheal irritable bowel syndrome (IBS-D), according to the Rome IV criteria (appendix 2)
- Francis score  $\geq$  175/500 at inclusion (corresponding to moderate to severe IBS)
- Treatments for IBS stable for  $\geq$ 1 month
- Affiliation to a social security system

... and 3 more (see full listing online)

### Exclusion (15)

- Taking probiotics, anti-inflammatories, corticosteroids or antibiotics systemically (oral or injectable) in the month preceding the study and during the duration of the study treatment,
- Known diagnosis of active autoimmune disease (type 1 diabetes, lupus, multiple sclerosis, thyroiditis, ankylosing spondylitis, rheumatoid arthritis or psoriasis)
- Known allergy to glutamine,
- Contraindication to taking glutamine, protein powder, lactulose or mannitol (including sugar-free chewing gum),
- Use of osmotic laxatives and/or taking lactulose and/or protein supplementation (including taking glutamine) in the 4 weeks preceding the start of the study,

... and 10 more (see full listing online)

## Locations (4 total)

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Chu Amiens, Amiens, France  
CHU CAEN, Caen, France  
Ch Le Havre, Le Havre, France  
... and 1 more locations

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<https://clinicaltrials.gov/study/NCT06291038>

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