

EFFECTIVENESS AND TOLERABILITY OF A NOVEL ORAL NUTRITIONAL SUPPLEMENT IN PATIENTS WITH ACTIVE INFLAMMATORY BOWEL DISEASE (IBD): A PRELIMINARY REPORT FROM A REFERRAL CENTER.

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- ONS used for IBD-related malnutrition are effective, but patients often leave their therapy due to poor compliance
- In this study, the novel tested ONS showed significant improvements in nutritional status and 86% compliance during the study period



Introduction

Malnutrition and sarcopenia in IBD impair response to biologics. This study evaluates the efficacy and tolerability of a novel ONS, characterized by low osmolality, high protein content, a patent blend of polyphenol-rich extracts in patients at risk of or with malnutrition.



Methods

We enrolled 14 IBD patients with moderate-to-severe disease, all receiving biologics. Nutritional assessment was performed at baseline and after 3 months of novel ONS using anthropometry (BMI, MAMC, hand grip strength), BIA, and screening tools (MUST, GLIM, MNA).



Conclusion / Highlights

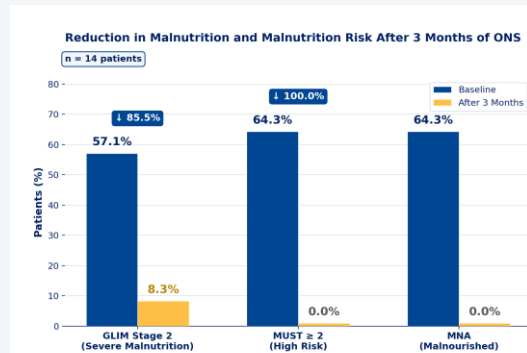
The novel ONS was effective and safe in improving nutritional status in active IBD patients, with 85.7% tolerability; supporting the role of a tailored nutritional combined with pharmacological therapy to optimize outcomes



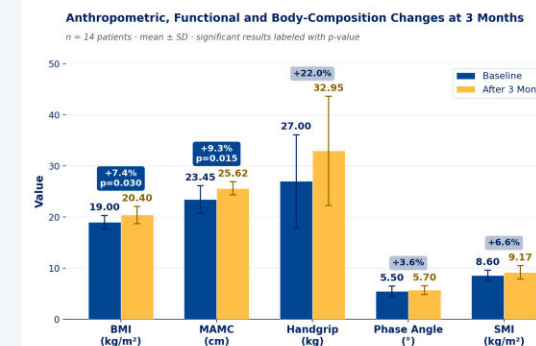
Results

Nutritional status improved markedly by 3 months: severe malnutrition by GLIM dropped from 57.1% to 8.3%, while MUST and MNA showed no malnourished patients from 64%; significant gains in BMI (+7.4%, $p=0.030$) and MAMC (+9.3%, $p=0.015$); handgrip (+22%).

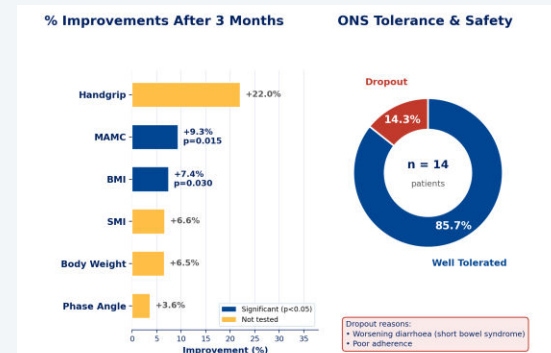
Result 1: Malnutritional and malnutritional risk are reduced within 3 months across every screening tools (GLIM 57.1%→8.3%; MUST/MNA 64.3%→0%).



Result 2: Body composition improved significantly at 3 months, led by BMI (+7.4%, $p=0.030$) and MAMC (+9.3%, $p=0.015$).



Result 3: All nutritional and functional parameters improved after 3 months with the supplement well tolerated in 85.7% of patients (n=14).



References

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Bezzio, D. et al. Nutrients 2024 Nov 21;16(23):3983.

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