Beneficial Nucleotides: Reducing Diarrhea

by Marc L. Masor, PhD
Science Educator, M&M Arts and Science, LLP

Scientific Overview

Nucleotides are semi-essential nutrients with numerous critical physiologic functions—they're the building blocks of DNA, essential for energy metabolism and critical for cellular signaling.\(^1,2\)

In four clinical studies involving almost 4,000 infants, the nucleotide-supplemented formula reduced episodes of diarrhea by 24-63% compared to a control formula.\(^3,7-9\)

<table>
<thead>
<tr>
<th>Study</th>
<th>Incidence of Diarrhea With Nucleotide-Supplemented Formula vs. Control Formula</th>
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<tbody>
<tr>
<td>Merolla, et al.</td>
<td>-43% P&lt;0.05</td>
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<tr>
<td>Yau, et al.</td>
<td>-25% P&lt;0.05</td>
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<tr>
<td>Brunser, et al.</td>
<td>-24% P&lt;0.004</td>
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<tr>
<td>Pickering, et al.</td>
<td>-63% P&lt;0.05</td>
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</table>

REDUCED DIARRhea EPISODES BY 24-63%

Applying to Your Practice

Not all infant formulas contain the same levels of nucleotides. Formulas containing 72 mg/L of nucleotides have been clinically shown to help support GI health, reduce diarrhea and enhance maturation of the infant’s immune system.\(^3,6,8\)

Recommend an infant formula with a high level (72 mg/L) of nucleotide fortification to match levels in breast milk.\(^10\)

Key Takeaways

1. Four clinical studies have shown that nucleotides can help in the reduction of infant diarrhea.\(^3,7-9\)
2. Studies with formula containing 72 mg/L nucleotides have shown a reduction in diarrhea,\(^3,8\) increased response to multiple vaccines\(^3,5\) and T-cells more like breastfed infants.\(^4\)
3. Not all infant formulas contain a high level (72 mg/L) of nucleotide fortification to match levels in breast milk.\(^10\)

References:


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