

Effectiveness of lactase enzyme in subjects with lactase non-persistence

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| Submission date 05/04/2010 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 19/05/2010 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 19/05/2010 | Condition category Nutritional, Metabolic, Endocrine | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |
| | | <input type="checkbox"/> Record updated in last year |

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Yulia Khabarova

Contact details
Timme Str. 9-3-119
Archangelsk
Russian Federation
163060
+7 (0)921 487 3632
Yuliakaterina@rambler.ru

Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
The effectiveness of lactase enzyme in subjects with lactase non-persistence (LNP): a randomised double-blind placebo-controlled 2 x 2 cross-over study

Study objectives

There are differences in gastrointestinal symptoms after milk consumption between subjects with lactase non-persistence using lactase enzyme or placebo in a randomised double-blind setting.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee of Northern State Medical University approved on the 12th February 2010 (ref: 03/02)

Study design

Randomised double-blind placebo-controlled 2 x 2 cross-over single centre study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Adult-type hypolactasia

Interventions

The study sample includes the group of students from Northern State Medical University. All subjects have previously undergone genotyping for detection of lactase persistent/non-persistent genotype. As a result about 150 subjects had C/C-13910 genotype (lactase non-persistent genotype, adult-type hypolactasia). Medical students aged 17 to 26 years in quantity up to 120 subjects will be taken into this randomised double-blind placebo-controlled 2 x 2 cross-over study to estimate the effectiveness of lactase enzyme. All of them will be asked for written informed consent.

The explanation about the aim and (order) practical conduction of study will be given orally before the start. Moreover students will get a booklet with information about lactose non-persistence and lactose-containing products. All participants will be asked to avoid lactose-containing products 2 days before study and 3 hours after the intervention. The study will start in the morning.

Every subject has to fast overnight before the intervention. 500 ml of milk together with 2 capsules (lactase enzyme or placebo) will be given to the subjects in a randomised manner. After that every person will have to fill in a table with possible gastrointestinal symptoms and hourly mark a number according to the scale of severity. Subjects are not allowed to consume any food during three hours after the milk load. After three hours, all subjects will be provided the same lunch.

After a wash-out period of 1 week, students will come back, and the second period of the study will be conducted similarly to the first one (500 ml of milk + lactase enzyme or placebo). The estimation of symptom severity and fasting before and after the intervention will be done similarly as during the first intervention period.

Intervention Type

Drug

Phase

Not Specified

Drug/device/biological/vaccine name(s)

Lactase enzyme

Primary outcome(s)

Five symptoms connected to lactose intolerance will be estimated by using the scale of severity where 1 is the minimal severity and 10 is maximum. Zero means no symptom. Subjects will fill in the table of severity of symptoms before intervention, 1 hour, 2 hours and 3 hours after the intervention and the rest of day after lunch.

Key secondary outcome(s))

No secondary outcome measures

Completion date

30/04/2010

Eligibility

Key inclusion criteria

1. Students from medical university with previously confirmed lactase non-persistent genotype (C/C-13910), aged 17 - 26 years, either sex
2. Students are included into study regardless of previous diseases, gastrointestinal symptoms, either connected or not with milk intake
3. All subjects will be fasting overnight before study and will be asked to avoid lactose content products 2 days before the study
4. Subjects will be asked to avoid lactose-containing food during 3 hours after the milk load with lactase enzyme or placebo

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Inability or refusal to sign informed consent
2. Students younger or older than age of study group

Date of first enrolment

06/04/2010

Date of final enrolment

30/04/2010

Locations

Countries of recruitment

Russian Federation

Study participating centre

Timme Str. 9-3-119

Archangelsk

Russian Federation

163060

Sponsor information

Organisation

Oy Verman Ab (Finland)

ROR

<https://ror.org/0116f3t39>

Funder(s)

Funder type

Industry

Funder Name

Oy Verman Ab (Finland)

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not provided at time of registration

Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|-------------------------------|--------------|------------|----------------|-----------------|
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |