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Dietary magnesium or vitamin C supplementation as an adjunct to usual asthma therapy: a community-based investigation

Submission date 23/01/2004	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 23/01/2004	**Overall study status** Completed	
Last Edited 18/11/2009	**Condition category** Respiratory	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title

Study objectives
Several characteristics of a "Western" diet, including low magnesium and low vitamin C intake, have been proposed to be risk factors for the occurrence and severity of asthma. If so then these effects could be extremely important in public health terms, since the relative ease, affordability and generalisability of dietary intervention could translate even very small effects at a personal level into substantial effects in terms of primary and secondary prevention across the general population. This trial is designed to determine whether magnesium or vitamin C supplementation can yield improvements in clinical control, quality of life and use of health care resources, and reductions in requirement for inhaled steroids, in typical patients with asthma drawn from general practice populations.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Respiratory tract diseases: Asthma

Interventions
1. Magnesium chelate 450 mg
2. Vitamin C 1 g
3. Placebo (lactose)

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Clinical control
2. Quality of life
3. Use of health care resources
4. Reductions in requirement for inhaled steroids

Key secondary outcome(s))
Not provided at time of registration

Completion date

01/09/2000

Eligibility

Key inclusion criteria
1. Patients with asthma on inhaled corticosteroids
2. Aged 18-60

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Upper age limit
60 years

Sex
All

Key exclusion criteria
1. Pregnancy
2. Oral steroids
3. Significant co-morbidity
4. Diuretics

Date of first enrolment
01/05/1998

Date of final enrolment
01/09/2000

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Division of Respiratory Medicine
Nottingham

United Kingdom
NG5 1PB

Sponsor information

Organisation
Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

Funder(s)

Funder type
Government

Funder Name
NHS Asthma National Research and Development Programme (UK)

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?
Results article	results	01/10/2003		Yes	No