

209.8

Attenuation of common cold symptoms by encapsulated juice powder concentrate

Stephanie **Roll**, Marc Nocon and Stefan N Willich

Institute for Social Medicine, Epidemiology and Health Economics, Charité University Medical Center, Berlin, Germany

ABSTRACT

Introduction: Dietary supplements have been suggested as preventive strategies for common cold, but previous results were inconsistent. This study aimed to assess the effect of a dietary supplement from fruits and vegetables on common cold symptoms in healthy healthcare professionals.

Methods: This was a randomized double-blind placebo-controlled trial. Subjects were taking four capsules of dietary supplement (Juice Plus+®) or matching placebo daily for eight months, including a two month run-in period. We report means and 95% confidence intervals (CI) for the number of days with at least moderate common cold symptoms (primary endpoint) and number of days with any common cold symptoms. Differences between groups are analyzed with ANOVA.

Results: A total of 543 subjects were included, with 529 valid for primary analysis (intervention: 263, placebo: 266). The mean number of days with at least moderate common cold symptoms was 7.6 (95% CI 6.5–8.8) in the intervention and 9.5 (8.4–10.6) in the placebo group ($P=0.023$). The mean number of days with any common cold symptoms was 29.4 (25.8–33.0) in the intervention and 30.7 (27.1–34.3) in the placebo group ($P=0.616$).

Conclusion: Intake of a dietary supplement from fruits and vegetables was associated with a reduction of moderate or severe common cold symptoms, but not with a reduction of total days with common cold symptoms.

Research support: NSA (TN, USA)

This Article

- ▶ [Alert me when this article is cited](#)
- ▶ [Alert me if a correction is posted](#)

Services

- ▶ [Email this article to a friend](#)
- ▶ [Similar articles in this journal](#)
- ▶ [Alert me to new issues of the journal](#)
- ▶ [Download to citation manager](#)
- ▶ [Get Permissions](#)

Google Scholar

- ▶ [Articles by Roll, S.](#)
- ▶ [Articles by Willich, S. N.](#)

PubMed

- ▶ [Articles by Roll, S.](#)
- ▶ [Articles by Willich, S. N.](#)

This Article

- ▶ [Alert me when this article is cited](#)
- ▶ [Alert me if a correction is posted](#)

Services

- ▶ [Email this article to a friend](#)
- ▶ [Similar articles in this journal](#)
- ▶ [Alert me to new issues of the journal](#)
- ▶ [Download to citation manager](#)
- ▶ [Get Permissions](#)

Google Scholar

- ▶ [Articles by Roll, S.](#)
- ▶ [Articles by Willich, S. N.](#)

PubMed

- ▶ [Articles by Roll, S.](#)
- ▶ [Articles by Willich, S. N.](#)