

AperTO - Archivio Istituzionale Open Access dell'Università di Torino

## Food supplements, stress and gastrointestinal diseases

### This is the author's manuscript

*Original Citation:*

*Availability:*

This version is available <http://hdl.handle.net/2318/1644313> since 2019-12-31T11:34:40Z

*Published version:*

DOI:10.23736/S0031-0808.17.03309-2

*Terms of use:*

Open Access

Anyone can freely access the full text of works made available as "Open Access". Works made available under a Creative Commons license can be used according to the terms and conditions of said license. Use of all other works requires consent of the right holder (author or publisher) if not exempted from copyright protection by the applicable law.

(Article begins on next page)

## Food supplements, stress and gastrointestinal diseases

Davide G. Ribaldone,<sup>1\*</sup> G.M.Saracco<sup>1,2</sup>

<sup>1</sup>Unit of Gastroenterology, Molinette Hospital, Turin, Italy; <sup>2</sup>Department of Oncology, University of Turin, Italy

\*Corresponding author: Davide Giuseppe Ribaldone, MD

Unit of Gastroenterology, Molinette-SGAS Hospital, Via Cavour 31, 10126 Turin, Italy

Phone. +39.011/6335208 E-mail: davrib\_1998@yahoo.com

**Key Words:** Food supplement - Functional diseases - Functional dyspepsia - Irritable bowel syndrome

*Conflicts of interest.*—The authors certify that there is no conflict of interest with any financial organization regarding the material discussed in the manuscript.

Dear Editor,

We have read with interest the article by Allaert *et al* evaluating the benefit of a food supplement on psychological stress intensity in healthy volunteers. The authors found a significant reduction of stress and fatigue during the treatment and one month after its discontinuation.<sup>1</sup> We think that the results of this study could be extended beyond healthy subjects. In Gastroenterology, for example, psychological background is of relevance in several morbidities and food supplements could have a useful impact. In particular, functional dyspepsia (FD) is a common disorder characterized by upper abdominal discomfort or pain and meal-related symptoms, with a notable impact on quality of life of affected persons. The global prevalence of FD is estimated to be 10-30% worldwide and unemployment, divorce and smoking habits, but not *H. pylori* infection are associated with an increased risk.<sup>2</sup> The difficulty in managing dyspepsia lies in the multifactorial pathogenesis which makes both presentation and treatment benefit heterogeneous. As well-known, in the context of FD a crucial role is played by the psychic component, which affects the result of all the studies. In relation to this there is the need to study alternative treatments (pharmacological or not) to the routine administration of anti-secretory drugs. In a systematic review published in the year 2002, which analyzed the effectiveness of phytotherapeutic treatments in FD, Thompson Coon and Ernst concluded that 60-95% of the patients, in the included studies, showed a symptomatic improvement with this approach.<sup>3</sup> This is confirmed in the recent years, not only by studies on patients with FD,<sup>4</sup> but also with irritable bowel syndrome,<sup>5</sup> the other frequent functional disease interesting the gastrointestinal tract.<sup>6</sup> Thus, the use in these conditions of non-pharmacologic strategies could help not only healthy subjects but, in some contexts, also patients with functional diseases.

## REFERENCES

1. Allaert FA, Courau S, Forestier A. Effect of magnesium, probiotic, and vitamin food supplementation in healthy subjects with psychological stress and evaluation of a persistent effect after discontinuation intake. *Panminerva Med* 2016;58:263-70.

2. Zagari RM, Law GR, Fuccio L, Cennamo V, Gilthorpe MS, Forman D *et al.* Epidemiology of functional dyspepsia and subgroups in the Italian general population: an endoscopic study. *Gastroenterology* 2010;138:1302-11.
3. Thompson Coon J, Ernst E. Systematic review: herbal medicinal products for non-ulcer dyspepsia. *Aliment Pharmacol Ther* 2002;16:1689-99.
4. Pellicano R, Ribaldone DG, Saracco GM, Leone N, De Angelis C, Arrigoni A *et al.* Benefit of supplements in functional dyspepsia after treatment of *Helicobacter pylori*. *Minerva Gastroenterol Dietol* 2014;60:263-8.
5. Astegiano M, Pellicano R, Terzi E, Simondi D, Rizzetto M. Treatment of irritable bowel syndrome. A case-control experience. *Minerva Gastroenterol Dietol* 2006;52:359-63.
6. Almquist E, Törnblom H, Simrén M. Practical management of irritable bowel syndrome: a clinical review. *Minerva Gastroenterol Dietol* 2016;62:30-48.