**Cochrane Central Register of Controlled Trials**

**irritable bowel syndrome – improvement to the clinical situation by the use of humic acid**


DRKS00005183


**Abstract**

INTERVENTION: Intervention 1: Verum (natural humic acid - Activomin®): intake of capsules orally (400mg per capsule) over 28 days (day 1-10: 3x2 capsules daily, day 11-28: 3x1 capsule daily) Intervention 2: placebo (rice flour colored with sepia): intake of capsules orally over 28 days (day 1-10: 3x2 capsules daily, day 11-28: 3x1 capsule daily)

CONDITION: K58 - Irritable bowel syndrome

PRIMARY OUTCOME: Change of IBS-Scores (Irritable Bowel Syndrome-Score, Francis 1997) and therefore the improvement of the subject state while having gastrointestinal dysfunctions on day 28 compared to day 0 (Baseline)

SECONDARY OUTCOME: Safety:; - adverse events ; - rescue medication according to patient diary; - number of patients with premature termination of the trial; efficacy: before and after comparison (day 0 and day 28) for; - Bristol Stool Form Scale ; - IBS-QOL for documentation of quality of life; - Quality of life (SF-36); - further explorative endpoints

INCLUSION CRITERIA: • irritable bowel syndrome - diarrhea-predominant (RDS-D) --> according to ROM III criteria (diarrhea / pain) • male and female patients = 18 years • patients, who are willing and able to realise the study visits (e.g. no planned holidays) • patients, who are willing and able to complete the patient diary • last to weeks (screening phase) at least two times complaints (pain, discomfort) per week • willing to forgo medications of the forbidden medication list • Written informed consent
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**Information**

**Database:**
Cochrane Central Register of Controlled Trials (CENTRAL)

**Date Added to CENTRAL:**
31 March 2019

**Issue Added to CENTRAL:**
2019 Issue 3

**Source:**
http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00005183

**Year of Publication:**
2013

**Original Title:**
irritable bowel syndrome – improvement to the clinical situation by the use of humic acid - WH67® - irritable bowel syndrome

**Accession Number:**
ICTRP DRKS00005183

**ID Number:**
CN-01814812