# THE EFFECTS OF SODIUM BUTYRATE SUPPLEMENTATION ON THE SEVERITY OF ABDOMINAL SYMPTOMS AND CARBOHYDRATE METABOLISM IN PATIENTS WITH TYPE 2 DIABETES - PRELIMINARY DATA

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**A randomized placebo-controlled trial in 44 patients with type 2 diabetes and gastrointestinal symptoms found that 6 weeks of oral microencapsulated sodium butyrate supplementation significantly reduced small intestinal bacterial overgrowth prevalence and improved abdominal pain, diarrhea, and bloating compared to placebo.**

## KEY POINTS

- At baseline, SIBO was diagnosed in 73.1% of the sodium butyrate group and 58.8% of the placebo group; after 6 weeks, SIBO prevalence dropped to 22.2% in the sodium butyrate group (p=0.001) but remained at 64.7% in the placebo group.
- Abdominal pain was reported by 42.3% of sodium butyrate recipients versus 88.4% of placebo recipients after intervention (p=0.002), and diarrhea prevalence was 18.5% versus 58.8% respectively (p=0.006).
- Bloating decreased from 100% to 29.6% in the sodium butyrate group (p<0.00001) after 6 weeks of supplementation.
- The study also showed decreases in BMI, HOMA index, and glycated hemoglobin in the sodium butyrate group versus placebo, though the authors note these metabolic findings require confirmation in larger studies.
- The authors state this is the first study reporting oral sodium butyrate effectiveness for gastrointestinal symptom relief in type 2 diabetes patients; the supplement was provided by the manufacturer.

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