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Summary

SYSTEMIC ADVANCED GLYCATION END-PRODUCTS ARE LOWER IN FRUCTOSE INTOLERANT PATIENTS WITH DISORDERS OF GUT-BRAIN INTERACTION (DGBI)

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In 1188 patients with disorders of gut-brain interaction, those with fructose intolerance and high gas production during fructose breath tests showed significantly lower systemic advanced glycation end products measured by skin autofluorescence.

KEY POINTS

- Fructose intolerant patients had significantly lower SAGE scores than fructose tolerant patients (1.84±0.55 vs. 1.96±0.57; p=0.0004), and extensive fructose fermenters showed lower SAGE values than poor metabolisers (1.85±0.56 vs. 1.92±0.55; p=0.0221).
- Overall, SAGE values and hydrogen breath concentrations correlated inversely (Rho= -0.09, p=0.0022) in the study population of 1188 DGBI patients (Rome 4 criteria, 30% male, mean age 40.9 years).
- The study used standardised fructose breath tests (35g fructose after 24-hour low-FODMAP diet) with exhaled hydrogen and symptom measurements every 30 minutes for 5 hours, and skin AGE autofluorescence as a marker of long-acting AGEs.
- The authors conclude that intestinal microbiota metabolism may play an important role in both fructose intolerance and modulating systemic AGE levels, though potential dietary confounders require consideration and further investigation is needed.

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