

Effect of casein on D-xylose absorption assessed by H₂ breath test Efecto de la caseína en la absorción de d-xilosa medida mediante la prueba de H₂ espirado.

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Different experimental studies suggest that the presence of food in the alimentary tract, promote small intestinal absorption. The mechanisms involved are not completely understood and might be related to motility changes or to humoral factors. Since studies have shown a decrease of small bowel motility after casein administration, the aim was to analyze the effect of this protein on small intestinal absorption and orocecal transit time. The hydrogen breath test was used to estimate d-xylose absorption. H₂ production is dependent on the amount of this carbohydrate reaching the colon, and therefore inversely proportional to d-xylose absorption. Six normal volunteers ingested 25 g d-xylose and 25 g d-xylose + 30 g casein, and alveolar breath samples were obtained at 15 min intervals. RESULTS: by adding casein to d-xylose solution a statistically significant decrease of maximal H₂ concentration was observed from a mean of 40 +/- 11 ppm to a mean of 26 +/- 8 ppm. Similarly the area under t