

Effect of *Helicobacter pylori* infection on iron absorption in asymptomatic adults consuming wheat flour fortified with iron and zinc

De Romaña, Daniel López

Pizarro, Fernando

Diazgranados, Doricela

Barba, Armando

Olivares, Manuel

Brunser, Oscar

Helicobacter pylori infection could impair iron absorption from fortified products. The objective of the study was to determine the effect of *H. pylori* infection on iron absorption from asymptomatic adults consuming wheat flour fortified with iron and zinc. The ¹³C urea breath test was used to assess *H. pylori* infection. Twenty-four *H. pylori*-positive and 26 *H. pylori*-negative volunteers completed the study. On day 1, the subjects were randomized to receive for breakfast bread fortified with either ferrous sulfate and zinc sulfate or ferrous fumarate and zinc oxide. Bread fortified with ferrous sulfate was labeled with ⁵⁹Fe as sulfate, and bread fortified with ferrous fumarate was labeled with ⁵⁵Fe as fumarate. On day 3, they received the other type of bread, with the respective tracers. On days 18-23, a proton pump inhibitor was administered to all subjects. On day 24, all subjects received bread fortified with ferrous fumarate and zinc oxide labeled with ⁵⁵Fe as fumarate. *H. pylori*

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