

# BG126® phytodrug improves urinary tract infection treatment with nitrofurantoin in adult women in a double-blind randomized clinical trial

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© 2017 Elsevier GmbH Nitrofurantoin (NFT), an antimicrobial drug used for the treatment of uncomplicated lower urinary tract infections, produces gastrointestinal adverse effects that compromise treatment compliance. These adverse effects are related to oxidative stress generated by the enzymatic reduction of NFT. Objectives Evaluate the effect of *Buddleja globosa* Hope standardized extract (BG126®) exhibiting a high content of antioxidant molecules, upon gastrointestinal adverse effects exerted by NFT. Design of study Placebo-controlled, double-blind, randomized-trial at the Hospital Clínico Universidad de Chile, between April and October 2011. Subjects Non-pregnant women, aged between 18 and 80 years old, diagnosed with urinary tract infection sensitive to NFT. Methods 56 patients were randomized to receive NFT + BG126® (n = 28) or NFT + placebo (n = 28) for 10 days. Every 2 days, patients answered a survey to assess occurrence of adverse reactions. The authors analyzed ferric reducin