Objective:
The World Health Organization recommends 20 mg of zinc per day for 10 to 14 days for children with acute diarrhea; in previous trials, this dosage decreased diarrhea but increased vomiting.

Randomised Control trial in India and Tanzania
4500 patients (6-59 mo) randomised to 5 mg, 10 mg and 20 mg zinc for 14 days 3 primary outcomes assessed:
•Diarrhea duration of more than 5 days
•Number of stools (assessed in a noninferiority analysis)
•Occurrence of vomiting (assessed in a superiority analysis) within 30 minutes of zinc administration

Conclusion:
- Lower doses of zinc (5 mg, 10 mg) had similar diarrheal outcomes as compared to 20mg dose
- Lower doses had lesser vomiting than 20 mg dose

Key Message:
- Statistical analysis should be interpreted carefully
- Low dose zinc may be a promising modification in acute diarrhea therapy in future
- However further trials are required for validation and recommendation at national level

EXPERT COMMENT
"Low dose zinc may be a promising modification in acute diarrhoea therapy in future"

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Reference