

Interventions to Restore Intestinal Barrier Integrity

Intervention	Notes
Elimination diet	Consider Cyrex Arrays 3, 4 & 10 and remove positive/equivocal foods
Vitamins A & D	Best obtained from virgin cod liver oil
Zinc	Very high dose (110 mg TID) required; 8 week maximum duration, don't do long term!
Butyrate/SFCAs	3-4 g/d of sodium-potassium butyrate, and/or prebiotics
Probiotics	E. coli Nissle 1917, L. plantarum, S. boulardii, SBOs, transient commensals
Glutamine or whey	20-40 g/d of glutamine and/or bioactive whey if tolerated (whey has colostrum too)
Lubiprostone	May be particularly useful in IP w/ constipation
Elemental diet	For severe and refractory IP