

Table 1. Controlled clinical trials of fermented wheat germ extract (FWGE) for cancer

Source: Alexander Kalisch, Markus Horneber, CAM-Cancer Consortium. [Fermented wheat germ extract \[online document\]](#). January, 2019.

Study	Methods	Participants	Interventions	Results	Comments
Randomized controlled trials					
Demidov 2008 (4)	2-arm, randomized, open label, parallel	58 patients with malignant melanoma (stage III)	Darcarbazine with or without FWGE	Improved survival rates and progression free survival after seven years of follow up in the FWGE group	Small study with high risk of selection bias
Prospective, non-randomized controlled trials					
Jakab 2003 (5)	2-arm, prospective, non-randomized, open-label, parallel	176 patients with colorectal cancer	Oncological therapy (radio- and/or chemotherapy) with or without FWGE	Reduced metastases, higher overall survival rates and longer progression free survival in the FWGE group	Study with high risk of selection bias
Sukkar 2008 (6)	2-arm, prospective, non-randomized, open label, parallel	55 patients diagnosed with head and neck cancer (stage IIIa, IIIb and IV)	Oncological therapy (surgery, radio- and/or chemotherapy) with or without FWGE	Significantly better quality of life in the FWGE group	Small study with high risk of selection and detection bias low reporting quality.
Garami 2004 (18)	2-arm, prospective, non-randomized, controlled, open label, parallel	22 children with various tumours	Different chemotherapy regimen with or without FWGE	Significantly reduced incidence of neutropenic fever in the FWGE group	Small study with high risk of selection bias. Low reporting quality.
Barabàs 2006 (3)	2-arm, prospective, parallel	45 patients diagnosed with head and neck cancer (UICC stage II and III)	Oncological therapy (surgery, radio- and/or chemotherapy) with or without FWGE	Significantly fewer local relapses and fewer progression events in the FWGE group	Small study with high risk of selection and detection bias. Low reporting quality.

Trials with unclear design					
Balogh 1999 (17)	No further information	55 women with breast cancer (UICC stage I – IV)	Besides the intake of FWGE no other treatment published	Significantly better quality of life in the FWGE group	Unpublished study data. Due to very little information on methods, participants, treatments and results available no valid conclusion is possible.
Balogh 1999 (17)	No further information	39 women with breast cancer (UICC I – IV)	Chemotherapy with FWGE	Significantly less side effects with FWGE	Unpublished study data. Due to very little information on methods, participants, treatments and results available no valid conclusion is possible.
Hidvegi 2003 (19)	No further information	16 patients with small cell and adeno lung cancer (advanced stage)	Chemo- and/or radiotherapy with FWGE	Significant improvement of global state of health and fatigue	Unpublished study data. Due to very little information on methods, participants, treatments and results available no valid conclusion is possible.