**Table 1: Controlled clinical trials of fermented wheat germ extract (FWGE) for cancer**Source: CAM-Cancer Consortium. Fermented wheat germ extract [online document]. January, 2024.

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| **Study** | **Methods** | **Participants** | **Interventions** | **Results** | **Comments** |
| **Randomized controlled trials** | | | | | |
| Demidov 2008 | 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 | 2-arm, prospective, nonrandomized, 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 | 2-arm, prospective, nonrandomized, 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 | 2-arm, prospective, nonrandomized , 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 | Low reporting quality.  Small study with high risk of selection bias. |
| Barabàs 2006 | 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. |