

## **Nutrition: Diets**

### **6. Pectin-and-Fructose-Restricted Diet (based on Methanol Hypothesis)**

**Description:** A diet from which unripe fruits, fruit juices, and pectin-containing fruits and vegetables are eliminated, supplemented with menadione (Vitamin K<sub>3</sub>).

**Rationale:** A treatment based on the hypothesis that methanol (wood alcohol) produced by metabolism of pectins (complex sugars) is converted to formaldehyde, which can bind to myelin components and lead to autoimmunization and consequent tissue damage. This process is thought to be exaggerated by ingestion of sugars containing fructose, which is said to block the breakdown of formaldehyde, and pectins, which may contain some methanol. Menadione promotes the formation of tissue components (sphingomyelin), which may antagonize the methanol effect.

**Evaluation:** In a sizeable uncontrolled series of patients on this diet, followed for more than a year, relapses and exacerbations occurred, and a significant number of patients deteriorated while on the diet. About one-third of the patients dropped out of the trial. In the absence of controls, it is impossible to judge whether there was some reduction in progression or attacks. However, the results were similar to those obtained with other unproven therapies.

**Risks/Costs:** It is difficult and time-consuming to instruct patients in the use of the diet.

**Conclusion:** The methanol hypothesis and the dietary regimen based on it remain unproven.

# **HERE ARE YOUR SUPPLEMENTAL PAGES**

**to *Therapeutic Claims in Multiple Sclerosis*  
published by the  
National Multiple Sclerosis Society  
in 1982.**

Enclosed are the supplemental pages to your copy of *Therapeutic Claims in Multiple Sclerosis*. These pages contain new and revised information based on the most current studies in the field.

Attached are filing instructions for inserting these pages into your book.

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