*Colorectal Cancer*

[A 2016 study divided colorectal cancer surgical patients into two groups](https://pubmed.ncbi.nlm.nih.gov/27227930/). One group received a high calorie, high nitrogen supplement, while the other group received an immunonutrition supplement. Both groups received the supplements for seven days before colorectal resection, plus five days after the procedure. “A decrease in the total number of complications was observed in the immunonutrition group compared with the control group, primarily due to a significant decrease in infectious complications.”

[A 2018 paper](https://link.springer.com/article/10.1007/s00384-017-2958-6) in the *International Journal of Colorectal Disease*, “Effect of immunonutrition on colorectal cancer patients undergoing surgery: a meta-analysis,” broke subjects into four groups — two receiving immunonutrition supplements and two that did not. Nine publications were included and the meta-analysis found that enteral immunonutrition improved both hospital stay and infectious complications while parenteral immunonutrition improved the length of hospital stay as well as various immune markers.

[In 2019, a single center study that looked at outcomes when frail colorectal cancer patients received preoperative immunonutrition support](https://link.springer.com/article/10.1007/s00384-019-03438-4) showed a shorter gastrointestinal recovery time, a lower rate of site infection complications and less need of antibiotic treatment, according to the *International Journal of Colorectal Disease.*