

Table 2: Controlled clinical trials* of mistletoe in cancer

(*trials published after the systematic reviews in table 1)

Source: Mirjam Wüsthof, CAM-Cancer Consortium. Mistletoe (*Viscum album*) [online document]. <http://www.cam-cancer.org/CAM-Summaries/Herbal-products/Mistletoe-Viscum-album>, January 2015.

First author year [ref]	Study design	Participants (number, diagnosis)	Interventions (experimental treatments, control)	Main outcome measures	Main results	Comments
Bar-Sela 2013 [28]	RCT phase II	72 patients Control: 39 Iscador®: 33 NSCLC, advanced	Carboplatin/ gemcitabine or carboplatin/ pemetrexed +/- Iscador® EORTC QLQ-C30 questionnaire	Chemotherapy- related adverse effects Quality of life	Chemo- therapy dose reduction (p=0.005) Less grade 3-4 non-hematologic side effects (p=0.043) Less hospitalisation (p=0.016) Less peripheral neuropathy (p=0.03) No statistically significant difference in any questionnaire item, but trends of improvement were seen in most items	No definite conclusion of a possible effect of Iscador® on quality of life and total adverse events could be drawn Chemotherapy dose reductions, severe non- hematologic side effects were less frequent in patients treated with Iscador® Weaknesses: moderate methodology, JADAD score 3/5 (no blinding) Small study group
Kim 2012 [29]	RCT pilot	Patients: n=32 Control: n=16 aVQ: n=16 Gastric cancer, stage Ib or II, (adjuvant setting)	Doxifluridine (5-FU prodrug) +/- abnobaViscum® Q (aVQ) EORTC QLQ-C30 and QLQ-STO22 questionnaire	Chemotherapy related side effects Quality of life Safety	Less diarrhoea (p=0.014) Improvement of global health status (p=0.0098), no statistically difference in other items No safety concerns for abnobaViscum® Q	Additional treatment with mistletoe extract was associated with improved quality of life of gastric cancer patients during adjuvant chemotherapy Moderate methodology, Jadad score 3/5 (no blinding) Small study group

Table 2 continued

Troeger 2013 [30]	RCT Phase III	Patients: n= 220 Pancreatic cancer, advanced	Iscador® Qu vs best supportive care	Survival (primary end point: 12 months overall survival)	Median overall survival was 4.8 months (Iscador® Qu) and 2.7 months (control), (p< 0.0001)	Study findings suggest mistletoe extract may be a non-toxic and effective last-line therapy that offers a prolongation of overall survival as well as fewer disease-related symptoms for patients with locally advanced or metastatic pancreatic cancer Information about implementation of best supportive care (control) is weak
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RCT = randomised controlled trial