

## **Pectin in the reversal of renal failure/uremia.**

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### **Abstract**

**The author found that pectin with a purity (the content of Gal-A (Galacturonic Acid)) greater than 98% has a certain therapeutic effect on patients with chronic kidney disease, especially those with renal failure and uremia. We will show the relevant results that can support the above findings through animal experiments and clinical trials respectively. We are surprised that not only can it rapidly reduce and maintain serum creatinine levels for a period of time, allowing patients to stop dialysis and stay away from dialysis, but also has amazing performance in reversing glomerular filtration rate and improving kidney size. This technology provides a new method to replace dialysis or kidney replacement therapy for patients with renal failure/uremia in the past.**

**Keywords:** Pectin, Chronic kidney disease, Glomerular filtration rate, Kidney size, Creatinine, Reversible.

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### **Introduction**

Kidney disease has become an important disease affecting human health worldwide. According to the 2020 WHO report, Chronic Kidney Disease (CKD) has become the top 10 cause of death [1]. In developed countries such as the United States and Norway, for example, the prevalence of CKD in the adult population ranges from 10.2% to 13.0%, and the prevalence of CKD in China has also reached 10.8% [2]. Moreover, CKD and its resulting End-Stage Renal Disease (ESRD) patients are increasing year by year, and it has become a worldwide public health problem that seriously jeopardizes human health [3].

Pectin, a class of heteropolysaccharides based on polygalacturonic acid, is a safe and non-toxic natural food additive recommended by the Joint FAO/WHO Committee on Food Additives with no daily additive limit [4]. Pectin is mainly obtained from apple pomace, citrus peels and sugar beets, and currently, commercial pectin contains  $\geq 65\%$  Gal-A (Galacturonic Acid), and the authors were able to achieve more than 98% Gal-A after optimizing the pectin extraction technique.

Among the patients who tried to take the pectin, the authors unexpectedly found that the pectin had a significant effect on the rapid reduction of blood creatinine concentration in patients with chronic kidney disease. So, the authors followed up the physical examination indexes of chronic kidney disease patients who took the pectin, and surprisingly found that the pectin not only can make the patients rapidly reduce and stabilize the blood creatinine

concentration in a period of time, but also has a surprising performance in the reversal of glomerular filtration rate and improvement of the size of the kidney and so on.

In the following, we will show the relevant results that can support the above findings through animal experiments and clinical trials respectively.

### **Animal experiments**

**Experimental animals:** 6-8 weeks old Wistar male rats, body weight range:  $200 \pm 20$  g, SPF grade, provided by Spivey (Beijing) Biotechnology Co.

### **Materials and Methods**

#### **Experimental methods**

#### **Subject administration route, period, frequency**

**The first step of modeling:** Adenine was administered by oral gavage for 4 weeks, and the frequency of administration was once a day. Carboxymethylcellulose solution containing 300 mg/kg adenine was administered by gavage in a volume of 10 mL/kg every day for 2 weeks, and then changed to every other day for 2 weeks.

**The second step of drug administration:** After successful modeling and administration of pectin for 1 week, three rats were taken from each group and put to death, blood and urine were collected to test the corresponding indexes, and kidney tissues were removed for histopathological examination to evaluate the therapeutic effect of the raw materials on CKD renal fibrosis.

### **Reasons for the design of subject dose**

Human (standard body weight 60 kg) was administered three times a day, 100 mg each time, *i.e.*, the commonly used clinical human dose was 300 mg/kgBW·d, and the dosage for rats (mg/kg)=the commonly used clinical human dose (mg/kg) × the equivalent area coefficient for rats (6.25). As a result of this formula, the high dose was 1875 mg/kgBW·d, the medium dose was 937.5 mg/kg and the low dose was 468.7 mg/kg.

### **Animal grouping**

In this experimental study, there were five experimental groups, ranging from 4-6 animals per group, *i.e.*, healthy group (4 animals), healthy donor group (4 animals), model group (6 animals), high-dose group (6 animals), medium-dose group (6 animals), low-dose group (6 animals). The operation was carried out according to the experimental protocol and the subject preparations were mixed well with continuous slight shaking before and during administration.

### **Observation indexes and methods**

**Observation of clinical symptoms:** Recorded once a day, including nutritional coat, mental state, appetite, head, respiration and other abnormalities.

**Observations before and during the start of the experiment:** Weighing and collecting blood and urine samples to monitor 24-hour urinary micro-protein (uALB), serum creatinine (CREA), and urea nitrogen

(UREA) before the start of the experiment and every week during the period of the experiment, and after 4 weeks, except for the healthy group and the healthy test group, in which 1 rat was killed in each group, the remaining groups were killed by 2 rats in each group. Collection of blood and urine for uALB, CREA and UREA indicators, and the renal tissues were removed to take photographs and weighed to be subjected to histopathological examination (HE and Masson) to evaluate the modeling.

## **Results and Discussion**

### **Experimental data processing and statistical analysis**

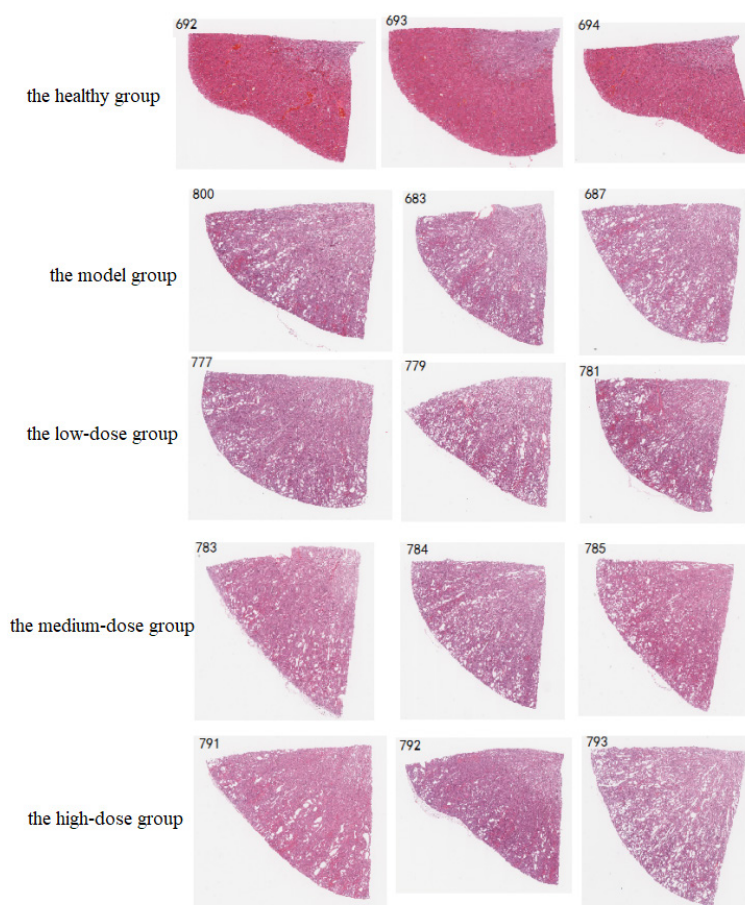
The data of this experiment were expressed as mean ± standard deviation and were analyzed by t-test for independent samples using SPSS software.

### **Data analysis**

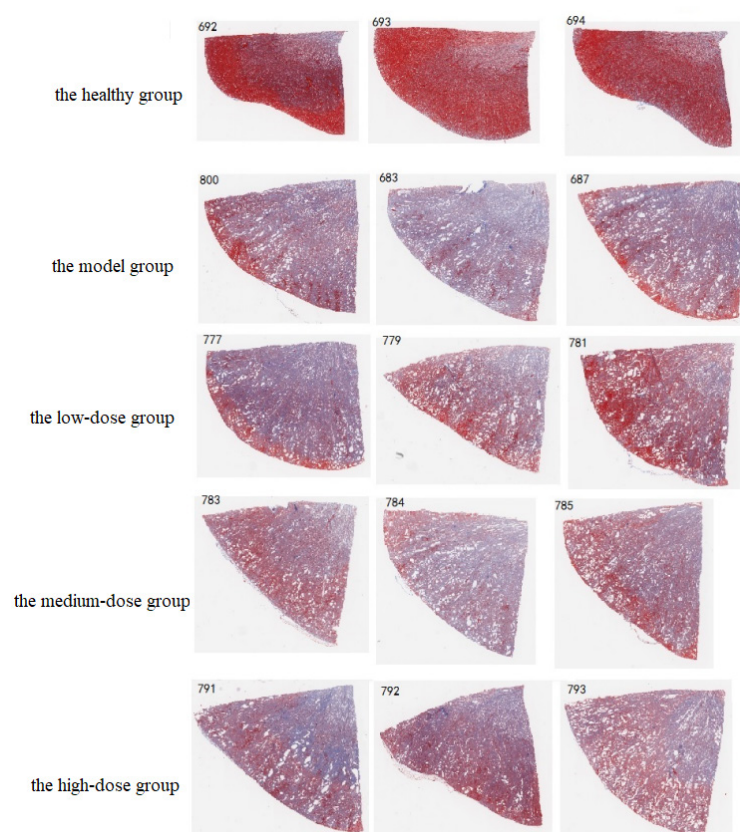
Figure 1 shows a schematic diagram of rat kidney tissue removed from each group after the end of modeling (4 weeks later) (including 1 pair in the healthy group and 1 pair in the healthy donor group, and 2 pairs in the other groups). The third and fourth pairs in the upper row (from left to right) are the removed tissues of the healthy group and the healthy donor group, while the rest are the modeling group. Combined with the pathological examination (HE and Masson) analysis of each group of tissues shown in Figures 2 and 3, it indicates that the model construction was successful. Moreover, further testing results based on this model are as follows.



**Figure 1.** Shows a schematic diagram of rat kidney tissue removed from each group after the end of modeling (4 weeks later).



**Figure 2.** Shows a comparison of Histopathological Examinations (HE) between different groups.



**Figure 3.** Shows a comparison of histopathological examinations (Masson) between different groups.

**Changes of main indexes**

As can be seen in Tables 1-3, the experiment mainly tracked the changes of the three main indicators: 24-hour urine

microbial protein (uALB), serum creatinine (CREA), and urea nitrogen (UREA). Comparison of the post-feeding assay (W5) with the assay at the end of modeling (W4) revealed.

**Table 1.** Statistics of urine microbial protein (uALB) data.

| Groups                  | NO. | uALB (mg/L) |        |        |        |        |        |
|-------------------------|-----|-------------|--------|--------|--------|--------|--------|
|                         |     | D0          | W1     | W2     | W3     | W4     | W5     |
| CDK model control group | 800 | 49.561      | 11.033 | 11.890 | 23.487 | 30.709 | 29.486 |
|                         | 683 | 34.916      | 8.115  | 23.233 | 28.754 | 19.124 | 21.070 |
|                         | 684 | 44.846      | 34.066 | 17.934 | 27.442 | 16.538 | -      |
|                         | 685 | 35.372      | 25.968 | 16.721 | 33.731 | 19.718 | 22.934 |
|                         | 686 | 40.013      | 11.937 | 22.577 | 23.169 | 19.841 | -      |
|                         | 687 | 55.502      | 8.821  | 21.718 | 29.690 | 18.284 | 13.367 |
| Health - test group     | 688 | 54.403      | 8.562  | 15.958 | 38.103 | 12.689 | -      |
|                         | 689 | 22.905      | 15.013 | 26.056 | 22.108 | 31.100 | 7.869  |
|                         | 690 | 19.815      | 17.979 | 30.137 | 20.026 | 16.355 | 6.879  |
|                         | 691 | 19.517      | 10.361 | 17.423 | 34.500 | 17.738 | 14.201 |
| Health group            | 692 | 42.565      | 12.406 | 17.819 | 41.774 | 22.581 | 24.165 |
|                         | 693 | 39.793      | 9.216  | 21.718 | 30.303 | 13.198 | 12.787 |
|                         | 694 | 34.647      | 16.816 | 16.206 | 50.177 | 11.242 | 21.532 |
|                         | 695 | 53.165      | 9.165  | 29.651 | 32.562 | 12.658 | -      |
| Low-dose group          | 776 | 32.596      | 7.675  | 24.271 | 33.137 | 22.058 | -      |
|                         | 777 | 24.955      | 17.678 | 23.572 | 27.130 | 23.775 | 19.873 |
|                         | 778 | 36.696      | 14.778 | 15.523 | 37.185 | 22.890 | 25.248 |
|                         | 779 | 20.696      | 34.680 | 18.227 | 40.481 | 32.048 | 24.085 |
|                         | 780 | 29.188      | 10.016 | 16.151 | 23.731 | 30.709 | -      |
|                         | 781 | 16.982      | 9.659  | 16.635 | 43.381 | 15.119 | 7.969  |
| Medium-dose group       | 782 | 26.680      | 19.190 | 15.459 | 43.619 | 16.584 | -      |
|                         | 783 | 20.969      | 14.638 | 16.198 | 18.033 | 21.002 | 21.251 |
|                         | 784 | 66.078      | 10.721 | 13.462 | 40.691 | 22.505 | 16.872 |
|                         | 785 | 31.713      | 10.361 | 18.049 | 46.148 | 16.866 | 15.849 |
|                         | 786 | 52.820      | 9.090  | 25.712 | 34.657 | 15.445 | 21.251 |
|                         | 895 | 33.943      | 42.461 | 25.258 | 32.562 | 8.394  | -      |
| High-dose group         | 773 | 13.514      | 8.773  | 18.406 | 20.793 | 24.719 | -      |
|                         | 789 | 42.444      | 30.696 | 24.129 | 40.481 | 18.724 | 21.517 |
|                         | 790 | 28.228      | 8.202  | 39.500 | 28.754 | 25.262 | -      |
|                         | 791 | 39.683      | 11.937 | 24.214 | 25.941 | 10.039 | 11.951 |
|                         | 792 | 26.742      | 8.136  | 34.150 | 32.421 | 24.111 | 12.881 |
|                         | 793 | 33.943      | 10.158 | 22.532 | 30.428 | 11.507 | 9.451  |

**Table 2.** Serum creatinine (CREA) data statistics.

| Groups                  | NO. | CREA (umol/L) |        |         |         |         |         |
|-------------------------|-----|---------------|--------|---------|---------|---------|---------|
|                         |     | D0            | W1     | W2      | W3      | W4      | W5      |
| CDK model control group | 800 | 43.359        | 69.745 | 97.970  | 106.319 | 141.320 | 108.377 |
|                         | 683 | 45.551        | 69.465 | 90.599  | 127.664 | 145.950 | 130.364 |
|                         | 684 | 45.455        | 65.262 | 68.970  | 82.210  | 107.101 | -       |
|                         | 685 | 41.281        | 71.461 | 166.302 | 127.646 | 171.713 | 103.542 |
|                         | 686 | 43.786        | 64.773 | 94.385  | 99.341  | 171.466 | -       |
|                         | 687 | 35.229        | 63.27  | 96.343  | 107.272 | 148.009 | 141.050 |
| Health - test group     | 688 | 44.829        | 47.786 | 52.206  | 53.150  | 58.700  | -       |
|                         | 689 | 28.383        | 57.289 | 50.505  | 49.341  | 52.150  | 57.598  |
|                         | 690 | 42.435        | 49.197 | 49.641  | 55.764  | 56.318  | 51.754  |
|                         | 691 | 44.012        | 59.563 | 48.823  | 54.831  | 56.684  | -       |
| Health group            | 692 | 51.731        | 49.987 | 50.465  | 49.989  | 59.973  | 54.051  |
|                         | 693 | 45.029        | 45.904 | 52.662  | 55.806  | 51.731  | 51.137  |
|                         | 694 | 44.781        | 47.491 | 48.506  | 59.712  | 52.608  | 56.304  |
|                         | 695 | 41.936        | 52.024 | 53.971  | 55.076  | 62.880  | -       |
| Low-dose group          | 776 | 49.118        | 64.413 | 74.120  | 187.384 | 301.247 | -       |
|                         | 777 | 42.911        | 59.853 | 197.706 | 88.211  | 163.127 | 127.304 |
|                         | 778 | 42.465        | 58.693 | 86.641  | 76.761  | 111.295 | 93.101  |
|                         | 779 | 38.718        | 63.133 | 82.690  | 80.662  | 187.622 | 121.410 |
|                         | 780 | 44.93         | 59.396 | 78.223  | 85.811  | 153.441 | -       |
|                         | 781 | 45.477        | 65.453 | 80.197  | 77.496  | 126.586 | 97.356  |
| Medium-dose group       | 782 | 40.819        | 60.786 | 87.728  | 110.630 | 216.039 | -       |
|                         | 783 | 43.294        | 64.577 | 130.189 | 148.513 | 215.556 | 136.876 |
|                         | 784 | 40.301        | 67.51  | 97.727  | 94.201  | 154.811 | 109.669 |
|                         | 785 | 47.301        | 68.374 | 96.150  | 87.933  | 198.571 | 164.463 |
|                         | 786 | 38.303        | 67.436 | 103.982 | 97.004  | 222.462 | 209.690 |
|                         | 895 | 39.781        | 72.955 | 94.150  | 102.090 | 174.551 | -       |
| High-dose group         | 773 | 41.941        | 54.576 | 77.950  | 83.003  | 141.840 | -       |
|                         | 789 | 50.435        | 65.336 | 105.717 | 87.078  | 116.790 | 92.839  |
|                         | 790 | 38.776        | 60.389 | 84.811  | 86.099  | 145.926 | -       |
|                         | 791 | 40.288        | 65.227 | 97.869  | 90.422  | 160.827 | 163.142 |
|                         | 792 | 46.547        | 69.501 | 89.578  | 80.448  | 137.452 | 115.515 |
|                         | 793 | 44.999        | 70.201 | 131.893 | 156.806 | 248.958 | 353.067 |

**Table 3.** Statistics of urea nitrogen (UREA) data.

| Groups                  | NO. | UREA (mmol/L) |        |        |        |        |        |
|-------------------------|-----|---------------|--------|--------|--------|--------|--------|
|                         |     | D0            | W1     | W2     | W3     | W4     | W5     |
| CDK model control group | 800 | 5.005         | 13.274 | 21.673 | 21.643 | 29.197 | 15.432 |
|                         | 683 | 4.862         | 12.251 | 18.475 | 29.449 | 28.555 | 20.607 |
|                         | 684 | 5.221         | 10.697 | 10.308 | 14.530 | 19.599 | -      |
|                         | 685 | 6.088         | 12.428 | 29.432 | 30.510 | 37.534 | 19.556 |
|                         | 686 | 5.474         | 9.896  | 22.829 | 21.282 | 44.218 | -      |
|                         | 687 | 5.511         | 9.775  | 18.764 | 21.839 | 29.602 | 22.794 |
| Health - test group     | 688 | 5.022         | 5.913  | 4.648  | 4.941  | 5.776  | -      |
|                         | 689 | 3.825         | 5.329  | 5.718  | 4.503  | 5.165  | 3.510  |
|                         | 690 | 4.804         | 4.918  | 4.403  | 4.635  | 5.943  | 5.360  |
|                         | 691 | 5.102         | 5.444  | 5.422  | 5.047  | 6.030  | -      |
| Health group            | 692 | 5.118         | 4.98   | 4.970  | 5.428  | 5.231  | 4.363  |
|                         | 693 | 5.347         | 3.594  | 3.799  | 3.989  | 4.450  | 3.971  |
|                         | 694 | 5.357         | 4.029  | 5.296  | 5.329  | 4.908  | 7.558  |
|                         | 695 | 4.295         | 4.764  | 3.923  | 4.491  | 4.290  | -      |
| Low-dose group          | 776 | 5.552         | 9.534  | 14.296 | 39.252 | 56.349 | -      |
|                         | 777 | 5.377         | 11.613 | 32.718 | 25.477 | 34.283 | 22.211 |
|                         | 778 | 5.35          | 10.482 | 17.915 | 15.453 | 24.145 | 16.563 |
|                         | 779 | 4.437         | 13.538 | 16.085 | 20.538 | 37.361 | 24.370 |
|                         | 780 | 5.494         | 8.807  | 18.629 | 19.753 | 32.481 | -      |
|                         | 781 | 5.607         | 9.334  | 16.368 | 20.497 | 27.396 | 16.381 |
| Medium-dose group       | 782 | 4.908         | 9.994  | 21.108 | 32.931 | 39.387 | -      |
|                         | 783 | 5.417         | 12.01  | 25.459 | 22.560 | 40.081 | 23.406 |
|                         | 784 | 4.263         | 11.808 | 21.356 | 21.377 | 28.197 | 20.956 |
|                         | 785 | 4.364         | 13.805 | 20.702 | 24.591 | 35.996 | 27.314 |
|                         | 786 | 4.542         | 11.516 | 20.836 | 28.291 | 45.252 | 45.001 |
|                         | 895 | 4.768         | 12.075 | 16.191 | 23.555 | 30.690 | -      |
| High-dose group         | 773 | 4.75          | 8.306  | 16.314 | 20.225 | 28.511 | -      |
|                         | 789 | 4.773         | 9.319  | 18.528 | 20.697 | 21.598 | 18.734 |
|                         | 790 | 4.839         | 9.267  | 16.870 | 20.444 | 23.405 | -      |
|                         | 791 | 5.874         | 10.324 | 18.378 | 19.985 | 27.523 | 25.075 |
|                         | 792 | 6.386         | 13.173 | 15.944 | 18.451 | 23.810 | 17.128 |
|                         | 793 | 5.608         | 12.048 | 22.830 | 37.290 | 50.228 | 59.613 |

In the urine micro-protein data in the low to high dose group, there appeared five rats with elevated indicators after drug administration, with the percentage of elevation ranging from 1-30%, which accounted for 27.8% of the experimental rats. In the remaining rats, urinary micro-protein decreased with an effective rate of more than 70%, and the rate of decrease was between 18-52%; in the serum creatinine data, there were two rats with elevated creatinine values, and the percentage of elevation ranged from 1.6-2.5% (and they were all in the high-dose group), accounting for 11.1% of the experimental rats, and the rest of the rats had creatinine decreases of between 16-35%, with an effective rate of 80%-90%; In the urea nitrogen data, there was an increase in the urea nitrogen value of one rat, with an increase ratio of 1.9%, accounting for 5.6% of the experimental rats, and the decrease of urea nitrogen index of the rest of the rats ranged from 10.2-35%, with an effective rate of more than 90%. From the above three sets of data, it can be reasonably predicted that pectin has a significant effect on the rapid reduction of blood creatinine concentration in patients with chronic kidney disease.

### ***Histopathological findings***

The authors further compared the histopathological examinations (HE and Masson) of the healthy group (Nos. 692, 693, 694), the model group (Nos. 800, 683, 687) with the low-dose (Nos. 777, 779, 781), medium-dose (Nos. 783, 784, 785) and high-dose (Nos. 791, 792, 793) groups as shown in Figure 1-2 shown. From the comparison of the pictures of each group in Figure 1 (HE) and Figure 2 (Masson), it can be seen that compared with the model group, the degree of fibrous tissue proliferation in the low-dose group to the high-dose group was reversed to varying degrees, which can support the conclusion that pectin with a purity of >98% has a certain degree of therapeutic effect in patients with chronic kidney disease, especially in patients with renal failure and uremia.

### ***Clinical experiments***

#### ***Reversal of glomerular filtration rate***

Glomerular Filtration Rate (GFR) is an indicator of kidney function. A decrease in glomerular filtration rate represents that the function of the kidneys to excrete metabolic wastes is affected.

As to whether the decline in glomerular filtration rate is reversible or not, the general knowledge of professional clinicians is that it depends on whether the patient's renal impairment is acute or chronic. If it is caused by acute renal failure, patients can be given hormones and other drugs for treatment. Usually, with active treatment, the symptoms of acute renal failure can be effectively improved, and then the decrease in glomerular filtration rate can be reversed. However, if it is caused by chronic renal impairment, the patients' glomerular filtration rate decline is irreversible. Because this stage means that a lot

of the patient's renal tissues have been destroyed, and a large number of glomerulosclerosis and tubular atrophy and fibrosis occur [5].

The authors found such a patient (hereinafter referred to as "Patient 1"), Mr Li, age 32 years old, weight 77 Kg, with a history of uremia, since June 1, 2014 began hemodialysis, three times a week, dialysis to date has been 8 years, dialysis with levocanidin, erythropoietin, no other medication. On June 4, 2021, he started to take pectin (each capsule contains 0.6 g of pectin powder), 2 times/day, 5 capsules/times; from December 19, 2021 to the present, the dosage has been adjusted to 2 times/day, 7 capsules/times, and during the time of taking pectin, he only takes allicin and no other medication.

During the course of taking pectin, when comparing the patient's renal dynamic imaging reports at 6 and 10 months of taking the pectin, it was strikingly found that the decrease in glomerular filtration rate due to chronic renal impairment had been significantly reversed, *i.e.*, the glomerular filtration rate had increased from 0.438 ml/min to 2.963 ml/min over the course of the four months, of which, the left kidney had increased from 0.194 ml/min to 1.706 ml/min and the right kidney from 0.243 ml/min to 1.257 ml/min, respectively. We hypothesized that at this rate of recovery, glomerular filtration rate would probable recover to more than 15% within the next two years.

#### ***Improvement of kidney size***

The pathological basis of renal atrophy is usually glomerulosclerosis, tubular atrophy, interstitial fibrosis, etc., which means that the kidneys are in a state of fibrosis. The size of kidneys will be reduced after fibrosis occurs. The most common cause of renal atrophy is chronic renal insufficiency, and it is a common knowledge in the medical field that once chronic renal insufficiency occurs, resulting in renal atrophy, the size of the kidneys generally cannot be restored. In this case, all that can be done is to target the choice of treatment program to prevent further damage to renal function and slow down the rate of deterioration of renal function.

However, patient 1's atrophied kidneys were also enriched during the ten months of taking pectin. When comparing the ultrasound reports of 6 months and 10 months of taking pectin, it was found that the size of the left kidney was enriched from  $5.4 \times 1.9 \times 2.0$  cm to  $7.5 \times 3.1 \times 5.2$  cm, and that of the right kidney from  $8.0 \times 3.0 \times 2.9$  cm to  $8.9 \times 4.2$  cm in the past four months to  $8.9 \times 4.4 \times 5.6$  cm, with the kidney size filling close to 30%, respectively.

We hypothesized that this may be due to the improved blood supply to the atrophied kidneys, *i.e.*, the pectin molecules unclogged the glomerular arterioles and improved the microcirculation of the kidneys, which allowed the atrophied kidneys to be reversed and re-filled to a larger size.

**Rapid reduction and stabilization of blood creatinine concentration**

Creatinine (Cre) is the end product of creatine and phosphocreatine metabolism, and the source of creatinine in blood includes both exogenous and endogenous parts. Almost all of the blood creatinine enters the primary urine through glomerular filtration and is not reabsorbed by renal tubules, so the measurement of the blood creatinine concentration can reflect the filtration function of the glomerulus. The general knowledge of the medical profession is that chronic renal failure has a long course, and a large amount of renal tissue is destroyed in patients. Since regeneration of the already lost renal tissue is impossible, the creatinine of patients cannot be decreased, and the disease can only be controlled by some therapies such as medications for palliation.

The authors found such a patient (hereinafter referred to as "Patient 2") among the patients taking pectin. Mr Xie, age 40, body 75 Kg, diagnosed with uremia in February 2021, hospitalized for hemodialysis treatment, discharged on February 20, blood creatinine concentration of 918 umol/L, with type 2 diabetes mellitus, hypertension, history of heart failure. 20 February 20, 2021 began to take

pectin (pectin powder contained in each capsule of 0.6 g), 3 times/day, 10 capsules/times, during the period of pectin consumption. taking erythropoietin, antihypertensive drugs and no other medications.

During the course of taking pectin, the authors were surprised to find that the patient's blood test data, including blood creatinine concentration (labeled as creatinine in the test report), urea, cystatin C, and glomerular filtration rate, improved significantly over the nine-month period.

Specifically, in just ten days, patient 2's creatinine value dropped from 918 umol/L at discharge to 776 umol/L; at one month of administration, patient 2 moved from the uremic stage to the renal failure stage; at the next continuation of two and a half months of administration (*i.e.*, at three and a half months of administration), the creatinine value dropped rapidly to 265 umol/L, and patient 2 entered the renal dysfunction stage, and in the following five and a half months to maintain and stabilize the gradual repair of the kidneys in the stage of renal failure (refer to the staging method of chronic renal failure [6]). The relevant indicators in the test report form are shown in Tables 4.1 and 4.2, where "-" indicates that the indicator was not detected at the time of testing.

**Table 4.1.** Summary of relevant indicators in the test report form.

| No.                   | Indicator name                                | Unit        | Reference value range | Test reports |           |                       |            |                       |              |                         |
|-----------------------|---|-------------|-----------------------|--------------|-----------|-----------------------|------------|-----------------------|--------------|-------------------------|
|                       |   |             |                       | 2021/3/1     | 2021/3/19 | 2021/3/31             | 2021/4/14  | 2021/4/28             | 2021/5/12    | 2021/6/2                |
| 1                     | Glutamine aminotransferase                    | U/L         | 9-50                  | 10.0         | -         | 10.0                  | 10.0       | 10.0                  | 9.0          | 12.0                    |
| 2                     | Glutamate aminotransferase                    | U/L         | 15-40                 | 6.0          | -         | 8.0                   | 12.0       | 10.0                  | 7.0          | 10.0                    |
| 3                     | Triglycerides                                 | mmol/L      | 0.30-1.92             | 1.76         | -         | 2.02                  | 2.35       | 2.08                  | 1.42         | 1.71                    |
| 4                     | Cholesterol                                   | mmol/L      | 2.32-5.62             | 5.20         | -         | 6.12                  | 6.67       | 4.48                  | 5.71         | 5.59                    |
| 5                     | Urea  | mmol/L      | 3.1-8.0               | 50.01        | 26.7      | 23.2                  | 23.0       | 23.2                  | 25.0         | 17.6                    |
| 6                     | Creatinine                                    | umol/L      | 31-132                | 776          | 550       | 503                   | 450        | 302                   | 383          | 265                     |
| 7                     | Cystatin C                                    | mg/L        | 0.3-1.2               | -            | -         | -                     | 4.52       | 3.00                  | -            | -                       |
| 8                     | Uric acid                                     | umol/L      | 89.2-416              | 602          | 455       | 530                   | 549        | 420                   | 552          | 410                     |
| 9                     | Glucose                                       | mmol/L      | 3.90-6.16             | 4.81         | 4.8       | 4.67                  | 5.05       | 4.67                  | 5.05         | 4.82                    |
| 10                    | Potassium                                     | mmol/L      | 3.5-5.3               | 4.6          | 4.0       | 3.94                  | 3.96       | 3.88                  | -            | 4.08                    |
| 11                    | Sodium  | mmol/L      | 137-147               | 139          | 141       | 141.7                 | 142.3      | 141.9                 | -            | 143.2                   |
| 12                    | Chlorine                                      | mmol/L      | 99-110                | 100          | 98        | 102.3                 | 104.1      | 103.1                 | -            | 104.7                   |
| 13                    | Phosphorus                                    | mmol/L      | 0.85-1.51             | 2.57         | -         | 1.19                  | -          | -                     | -            | -                       |
| 14                    | Glomerular filtration rate (calculated value) | ml/min/1.73 | -                     | 6.78         | 10.28     | 11.45                 | 13.10      | 21.22                 | 15.92        | 24.85                   |
| Duration instructions |   |             |                       | Ten days     | one month | one and a half months | two months | two and a half months | three months | three and a half months |

**Table 4.2.** Summary of relevant indicators in the test report form.

| No.                   | Indicator name                                | Unit        | Reference value range | Test reports |                        |             |            |              |              |             |
|-----------------------|---|-------------|-----------------------|--------------|------------------------|-------------|------------|--------------|--------------|-------------|
|                       |   |             |                       | 2021/6/23    | 2021/7/13              | 2021/8/4    | 2021/9/8   | 2021/10/7    | 2021/11/10   | 2021/12/8   |
| 1                     | Glutamine aminotransferase                    | U/L         | 9-50                  | 12.0         | -                      | 10.0        | 9.0        | 11.0         | -            | 12          |
| 2                     | Glutamate aminotransferase                    | U/L         | 15-40                 | 11.0         | -                      | 10.0        | 11.0       | 10.0         | -            | 10          |
| 3                     | Triglycerides                                 | mmol/L      | 0.30-1.92             | 2.15         | -                      | 1.55        | 1.76       | -            | -            | 1.2         |
| 4                     | Cholesterol                                   | mmol/L      | 2.32-5.62             | 5.83         | -                      | 4.81        | 4.91       | -            | -            | 4.95        |
| 5                     | Urea  | mmol/L      | 3.1-8.0               | 17.3         | 16.56                  | 16.63       | 17.9       | 23.13        | 17.85        | 15.96       |
| 6                     | Creatinine                                    | umol/L      | 31-132                | 244          | 262                    | 244         | 245        | 228          | 202          | 211         |
| 7                     | Cystatin C                                    | mg/L        | 0.3-1.2               | 2.63         | -                      | 3.16        | -          | 2.79         | 2.6          | 2.46        |
| 8                     | Uric acid                                     | umol/L      | 89.2-416              | 376          | -                      | 501         | 364        | 399          | -            | 428         |
| 9                     | Glucose                                       | mmol/L      | 3.90-6.16             | 4.66         | -                      | -           | 4.26       | -            | -            | 5.72        |
| 10                    | Potassium                                     | mmol/L      | 3.5-5.3               | 3.99         | 4.25                   | -           | 4.91       | -            | -            | -           |
| 11                    | Sodium  | mmol/L      | 137-147               | 142.6        | 141.7                  | -           | 141.2      | -            | -            | -           |
| 12                    | Chlorine                                      | mmol/L      | 99-110                | 102.5        | 106.6                  | -           | 106.8      | -            | -            | -           |
| 13                    | Phosphorus                                    | mmol/L      | 0.85-1.51             |              | -                      | -           | -          | -            | -            | 1.13        |
| 14                    | Glomerular Filtration Rate (calculated value) | ml/min/1.73 | -                     | 27.46        | 25.20                  | 27.46       | 27.32      | 29.81        | 34.51        | 32.73       |
| Duration instructions |   |             |                       | four months  | four and a half months | five months | Six months | seven months | eight months | nine months |

Interestingly, a reversal of glomerular filtration rate was also observed in Patient 2, whose glomerular filtration rate increased from an initial 6.78 ml/min/1.73 to 34.51 ml/min/1.73 after eight months of administration, which supports the findings under 1) above. The GFR (Glomerular Filtration Rate) (CKD-EPI) was calculated as follows.

$$eGFR = a \times (Scr/b)^c \times (0.993)^{\text{年龄}}$$

Based on the effect of patient 2 administration, it was found that for patients with renal failure/uremia, the rise in creatinine due to chronic renal insufficiency can also be decreased, not only can it be decreased, but also can be rapidly decreased in a relatively short period of time and stabilized in its state after it has been decreased to a certain degree [7].

## Conclusion

In summary, the authors found that pectin with purity >98% has certain therapeutic effect on chronic kidney disease patients, especially renal failure and uremia patients, not only can make patients rapidly reduce and stabilize blood creatinine concentration in a period of time, so that they can stop dialysis and stay away from dialysis, but also has

amazing performance in reversing glomerular filtration rate and improving the size of kidneys. As to how the pectin realized the above effects, its pathopharmacology and pharmacology research will be explored in detail in the next step, but this at least provides a feasible solution for the treatment of patients with renal failure and uremia.

## Data Availability Statement

All data generated or analysed during this study are included in this published article.

## Animal ethics statement

-The study is reported in accordance with ARRIVE guidelines.

-All experimental protocols were approved by Ethics Committee of Beijing Experimental Animal Research Center.

-All experimental protocols follow the GB/T 35892-2018 Guidelines for Ethical Review of Laboratory Animal Welfare and DB11/T 1734-2020 Technical Specifications for Ethical Review of Laboratory Animal Welfare.

### ***Statement on the method of killing mice***

The mice were killed using carbon dioxide anesthesia followed by bloodletting.

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