

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Assessing effect of multivitamin-mineral supplement on improvement of appetite in 3-7 years old children

Protocol summary

Summary

Low appetite is one of the most health and medical problems which affects many of children over the world and leads to failure in growth, lowering mental and physical activities, and reducing academic and life quality. Low appetite has various reasons but poor appetite in children is mostly due to nutritional deficiencies on one side and urine infections and gastrointestinal parasites on the other. The objective of this study is to examine effect of multivitamin-mineral supplement on children appetite and growth. After getting consent from parents, children with poor appetite will be examined for urine and stool infections. Those who their tests are normal will be recruited in the study. The number of 108 children will be divided in two, control and supplement, groups. Multivitamin in the form of syrup (10 ml) plus folic acid in the form of tablet (0.5 mg) will be given to children for 2 months. In control group children will receive placebo instead of supplements. After 2 months, medications will be discontinued and for one month children will be followed up. Appetite status, food intake and growth condition will be assessed before, at the end, and one month after intervention. The data of the beginning and at final will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012070510190N1**

Registration date: **2012-09-04, 1391/06/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-09-04, 1391/06/14

Registrant information

Name

Masoumeh Akhlaghi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 7288

Email address

akhlaghi_m@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2011-09-21, 1390/06/30

Expected recruitment end date

2011-12-21, 1390/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing effect of multivitamin-mineral supplement on improvement of appetite in 3-7 years old children

Public title

Effect of multi-vitamin-mineral supplement on improvement of appetite in 3-7 years old children

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: children of 3-7 years old coming to Emam Reza and Nader Kazemi paraclinics, Shiraz, Iran, whose appetite is low or very low according to their parents claim; they should have negative urine and stool

infection and parasite tests; A written consent will be taken before the children are recruited to the study. Exclusion criteria: children whose urine and feces tests are positive regarding urinary infections and feces parasites; Children with gastrointestinal and liver diseases, mental retardation, physical disabilities, cardiac, respiratory, and renal problems, epilepsy, cancer, severe food allergies like celiac; children who consume nutritional supplements or medications which affect food intake, absorption, or utilization.

Age

From **3 years** old to **7 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **108**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz University of Medical Sciences

Street address

Helal Ahmar nearby, Zand Street

City

Shiraz

Postal code**Approval date**

2011-12-29, 1390/10/08

Ethics committee reference number

CT-90-3063

Health conditions studied**1****Description of health condition studied**

Low appetite

ICD-10 code

R63.0

ICD-10 code description

Loss of appetite

Primary outcomes**1****Description**

Appetite

Timepoint

Before intervention, 2 months after start of intervention, 1 month after termination

Method of measurement

Ranking

2**Description**

Weight

Timepoint

Before intervention, 2 months after start of intervention, 1 month after termination

Method of measurement

Scale

3**Description**

Height

Timepoint

Before intervention, 2 months after start of intervention, 1 month after termination

Method of measurement

measuring tape

4**Description**

Mid-arm circumference

Timepoint

Before intervention, 2 months after start of intervention, 1 month after termination

Method of measurement

measuring tape

5**Description**

Food intake

Timepoint

Before intervention, 2 months after start of intervention, 1 month after termination

Method of measurement

24 food recall

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 1) multivitamin-mineral syrup, 10 ml/day for 2 months 2) Folic acid tablet 0.5 mg/day for 2 months

Category

Treatment - Drugs

2

Description

Control group: placebo syrup + Placebo tablet

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Nader Kazemi paraclinic

Full name of responsible person

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Ali Poustforush

Street address

Central Building, Zand Street

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Masoumeh Akhlaghi

Position

Assistant Professor, Nutrition Faculty

Other areas of specialty/work

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Shiraz University of Medical Sciences

Full name of responsible person

Masoumeh Akhlaghi

Position

Assistant Professor, Nutrition Faculty

Other areas of specialty/work

Street address

City

Postal code

Phone

Fax

Email

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty