

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Effect of two week vitamin E supplementation on lipid peroxidation at rest and response to exhaustive exercise

Protocol summary

Summary

For investigating the effectiveness of short-term vitamin E supplementation on lipid peroxidation at rest and response to exhaustive exercise Nineteen healthy male student with 66.9 ± 6.5 Kg mean weight, $37/9 \pm 4$ ml.Kg¹min⁻¹ maximal oxygen uptake, 21.9 ± 2.5 body mass index and $21/1 \pm 1/2$ mean age selected and randomly divided to supplement (n=9) and placebo group (n=10).Vitamin group consumed one capsule containing 400IU alpha tocopheryl asetat and placebo group 0.4 gr amylum in the same capsule during 45 minute before eating dinner for 14 days. Blood samples were taking before and after supplementation in two steps. Each step was done in two times before and immediately after exhaustive exercise on ergometer cycle following 12 to 14 hours with empty-stomached in a same condition. Serum malondialdehyde (index of lipidperoxidation) was estimated by method of thiobarbituric acid.

General information

Acronym

lipid peroxidation

IRCT registration information

IRCT registration number: **IRCT2012081310578N3**

Registration date: **2012-12-23, 1391/10/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-12-23, 1391/10/03

Registrant information

Name

Ebrahim Moslehi

Name of organization / entity

Payamnoor University

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Kohgiloye & Boyerahmad Payamnoor University

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2012-06-19, 1391/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of two week vitamin E supplementation on lipid peroxidation at rest and response to exhaustive exercise

Public title

Purpose

Basic science

Inclusion/Exclusion criteria

Inclusion criteria: being a student; male; healthy; non-athlete; living in student dormitory; following the students nutrition food menu; not doing regular exercise; born in native regions below 1000 meter height; not smoking; not using alcohol, caffeine, drugs and antioxidant food such as vegetables, fish oil, soya and any other antioxidant supplement which isn't included in research process; eating one capsule contained vitamin E or placebo 45 min before dinner for two week; doing exhaustive exercise in two stage before and after two

week supplementation on ergo meter cycle; having permission to get 10 cc blood from brachial vein in two stage before and after supplementation immediately pre and post exhaustive exercise.

Age

From **21 years** old to **22 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **19**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kohgiloye & Boyerahmad Payamnoor Universiy

Street address

Payamnoor University, Shahid Ghandi street, Yasuj

City

Yasuj

Postal code

Approval date

2012-04-20, 1391/02/01

Ethics committee reference number

2331/245/3

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

lipid peroxidation (malondi aldehyde)

Timepoint

befor and after two week vitamin E consumption, pre and post exhostive exercise

Method of measurement

nanomol per liter

Secondary outcomes

1

Description

alteration of plasma vulome

Timepoint

befor and after supplementation response to exhaustive exercise

Method of measurement

with Dill & Costill coefication by CBC Experiment

Intervention groups

1

Description

Two week vitamin E consumption 45 min before dinner

Category

Treatment - Drugs

2

Description

exhustve execise

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Yasuj Payamnoor University

Full name of responsible person

Ebrahim Moslehi

Street address

Yasuj Payamnoor University

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Payamnoor University

Full name of responsible person

Ebrahim Moslehi

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payamnoor university, Shahid Ghandi, Yasuj

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Payamnoor University
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
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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