

# 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  $66.9 \pm 6.5$  Kg mean weight,  $37/9 \pm 4$  ml.Kg<sup>1</sup>min<sup>-1</sup> maximal oxygen uptake,  $21.9 \pm 2.5$  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)

###### Phone

+98 74 1223 3595

###### Email address

ebrahim.moslehi@gmail.com

###### 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

###### **City**

Yasuj

### **Sponsors / Funding sources**

#### 1

##### **Sponsor**

###### **Name of organization / entity**

Payamnoor University

###### **Full name of responsible person**

Ebrahim Moslehi

###### **Street address**

payamnoor university, Shahid Ghandi, Yasuj

###### **City**

Yasuj

**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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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*