Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effect of ordinary yogurt drink with probiotic yogurt drink on the level of salivary Streptococcus Mutans of dental student of Islamic Azad University in 1390

Protocol summary

Summary

Background: The yogurt drink in competition with other beverages has been as a healthy drink. Nowadays, production of probiotic yogurt drink is increasing. Potential reduction of streptococcus mutans in the oral cavity by the yogurt has been the subject of many studies in recent years. The aim of this study was to evaluate effect of a internal Probiotic yogurt drink on the load of salivary Streptococcus Mutans in dental students of Tehran Islamic Azad University in 1390 . Materials and Methods: Thirty dental students participate in this double-blind randomized crossover clinical trial study. The participants are asked not to receive any antibiotic therapy two weeks before and during the study, also not to be exposed to any fluoride -contained or antibacterial mouthwashes in the past three weeks before the study, not to use any yogurt drink or probiotic products a week before and during the study, not to use any gums or Xylitol-contained products during the study. Participants are asked to take 200 cc amount of delivered yogurt drink which coded by A and B 10 minutes after dinner meal and not to brush their teeth for an hour after that. In this study, samples and microbiology laboratory technicians were unaware of the type of yogurt drink consumed by each sample. Subjects were randomized into three groups and each sample took place in three groups during the study. The level of salivary Streptococcus Mutans of participants has been measured at the beginning of study, after each three intervention periods (the usage of probiotic yogurt drink, conventional yogurt drink and use of none of them) and wash-out period (intervention period lasts three weeks and wash-out period lasts two weeks apart). Mitis Salvarius Agar medium has been used to measure the load of bacterial culture. Each participant has been in three study groups. In fact each person is compared with himself.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012090510747N1**
Registration date: **2012-11-23, 1391/09/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-11-23, 1391/09/03

Registrant information

Name

Mohamadreza Mohamadi

Name of organization / entity

Dental Faculty of Islamic Azad University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 26 3254 4780

Email address

mreza_mohamadi88@yahoo.com

Recruitment status

Recruitment complete

Funding source

investigator

Expected recruitment start date

2011-11-06, 1390/08/15

Expected recruitment end date

2011-11-17, 1390/08/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparison of the effect of ordinary yogurt drink with probiotic yogurt drink on the level of salivary Streptococcus Mutans of dental student of Islamic Azad University in 1390

Public title
Comparison of the effect of ordinary yogurt drink with probiotic yogurt drink on the level of salivary Streptococcus Mutans

Purpose
Prevention

Inclusion/Exclusion criteria
Exclusion criteria: Topical Fluoride Therapy, any use of fluoride or antibacterial mouthwashes in the past three weeks before the study; Any antibiotic therapy two weeks prior to the study; Any use of Xylitol-contained products during the study; Any yogurt drink or probiotic products consumption during a week before the study . Inclusion criteria: A dental student

Age
From **18 years** old to **40 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of the Dental Faculty of Islamic Azad University of Tehran

Street address
NO.4 , 10th Neyestan street , Pasdaran Ave. ,Tehran ,Iran

City
Tehran

Postal code
1946853314

Approval date
2011-11-02, 1390/08/11

Ethics committee reference number
د.687.پ

Health conditions studied

1

Description of health condition studied
level of salivary streptococcus mutans

ICD-10 code
_____

ICD-10 code description
_____

2

Description of health condition studied
Enamel Caries

ICD-10 code
K02.0

ICD-10 code description
White spot lesions , initial caries

Primary outcomes

1

Description
Level of salivary streptococcus mutans

Timepoint
one day before any intervention ,one day after any intervention

Method of measurement
culture in mittis salivarius agar

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Study Groups: a group that received probiotic yogurt drink. The considered yogurt drink was a production of Pegah Company and contains Lactobacilus Acidophilus and Bifidobacterium Bifidum. Each participant has been asked to take 200 cc amount of probiotic yogurt drink 10 minutes after dinner meal and not to brush their teeth for an hour after that.

Category
Prevention

2

Description
Control group 1: a group that received regular yogurt drink.The considered yogurt drink was a production of

Pegah Company. Each participant have been asked to take 200 cc amount of regular yogurt drink 10 minutes after dinner meal and not to brush their teeth for an hour after that.

Category

Prevention

3

Description

Control group2: a group that did not use any yogurt drinks. The control group has been asked not to use any yogurt drink or probiotic products in three weeks through the study.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person

Mohamadreza Mohamadi

Street address

NO.4 , 10th Neyestan street , Pasdaran Ave. ,Tehran ,Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research ,Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person

Arash Azizi

Street address

NO.4 , 10th Neyestan street , Pasdaran Ave. ,Tehran ,Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research ,Dental Faculty of Islamic Azad University of Tehran

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

Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person

Mohamadreza Mohamadi

Position

Dentist

Other areas of specialty/work

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Position

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Person responsible for updating data

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Full name of responsible person

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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