

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

A comparison of effect of Soft Ice Cream formulated with Stevia, Date and Sugar on Blood Glucose of Healthy Volunteers

Protocol summary

Summary

This study is sought to compare the effects of Stevia, date fruit and sugar on blood glucose levels of healthy volunteers. Total of 10 healthy male and female adults aging between 19 and 35 will be invited to participate in the study. Those with any metabolic disorders including diabetes mellitus, hypertension, pregnancy, lactation, smokers and alcohol drinkers will be excluded. After an overnight fasting, the participants will be requested to consume 50, 61.5, 153.8, 76.9 grams of oral glucose, soft Ice Creams made with sugar, Stevia and date fruit in four different days, respectively. The blood glucose will be measured on 0, 15, 30, 45, 60, 90 and 120 minutes after intake of the oral glucose or the three Ice Cream formulations. Finally, glycemic index and load of the consumed products will be calculated.

General information

Acronym

INSDP

IRCT registration information

IRCT registration number: **IRCT2012102811288N1**

Registration date: **2012-12-10, 1391/09/20**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-12-10, 1391/09/20

Registrant information

Name

Mohammad Alizadeh

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1335 7313

Email address

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2014-01-05, 1392/10/15

Expected recruitment end date

2014-02-11, 1392/11/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison of effect of Soft Ice Cream formulated with Stevia, Date and Sugar on Blood Glucose of Healthy Volunteers

Public title

Improving Nutritional Status of Diabetic Patients

Purpose

Basic science

Inclusion/Exclusion criteria

Inclusion Criteria: Male and females aging between 19-35; Non Impaired Glucose Tolerance; Agreement to participate in the Study Exclusion Criteria: Hypertension; Any metabolic disorder including Diabetes Mellitus; Pregnancy; Lactation; Smoking; Alcoholics

Age

From **19 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 10

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Committee for Research Ethics of Tabriz University of Medical Sciences

Street address

Committee for Research Ethics, No 2 Central Building, Tabriz University of Medical Sciences, Daneshgah street, Tabriz PO Box :51664, Iran

City

Tabriz

Postal code

51664

Approval date

2012-10-15, 1391/07/24

Ethics committee reference number

91138

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

R73.0

ICD-10 code description

Abnormal glucose tolerance test

Primary outcomes

1

Description

Blood Glucose

Timepoint

0,15,30,45,60,90,120

Method of measurement

mg/dl using the convetional biochemical method

Secondary outcomes

empty

Intervention groups

1

Description

They will be requested to consume 61.5 grams of Soft Ice Cream after 10 ten hours overnight fasting.

Category

N/A

2

Description

They will be requested to consume 153.8 grams of Stevia based after 10 ten hours overnight fasting.

Category

Treatment - Drugs

3

Description

They will be requested to consume 76.9 grams of date based Ice Cream after 10 ten hours overnight fasting.

Category

N/A

4

Description

They will be requested to consume 50 grams of oral glucose after 10 ten hours overnight fasting.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz University of Medical Sciences

Full name of responsible person

Mohammad Alizadeh

Street address

Department of Food Science & Technology, Faculty of Nutrition and Health, Ghol-Ghasht st.

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person
Allahverdipour HamidRezaq

Street address
Dean Office, Faculty of Health and Nutrition, Tabriz
University of Medical Sciences, Golgash St.

City
Tabriz

Grant name
بودجه دانشگاه

Grant code / Reference number
Not Applicable

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

Title of funding source
Tabriz 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

Person responsible for scientific inquiries

Contact

Name of organization / entity
Faculty of Health & Nutrition

Full name of responsible person

Mohammad Alizadeh

Position
Assistant Professor of Food Sciences & Technology ,
Ph.D., M.D.

Other areas of specialty/work

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<http://www.tbzmed.ac.ir>

Person responsible for updating data

Contact

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