Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effects of Dried Extract of Glycyrrhiza Glabra Root with Weight Loss Diet on Anthropometric Indices, Vaspin Hormone, Zinc α2- glycoprotein and Lipid Profile in Obese Subjects

Protocol summary

Summary

The aim of this study is to determine effects of dried extract of Glycyrrhiza Glabra root with weight loss diet on anthropometric indices, vaspin hormone, zinc α2-glycoprotein and lipid profile in obese subjects. In this study, 54 eligible subjects with body mass index equal or more than 25 will enter to the study and will be divided randomly into two intervention and placebo groups with 27 subjects. Participants will recieve one 500 mg capsule,3 times a day before meal for two months. Personality questionnaire, 24 hours food recall and international physical activity questionare will be filled from study subjects. For all of participants(intervention and placebo groups) weight loss diet with 500 Kcal reduction from their daily-needed amount of calorie will be desighned. The anthropometric measurements (weight,height,waist and hip circumferences) and biochemical measurements (lipid profile,vaspin and zinc alpha-2 glycoprotein) at baseline and the end of the study will be done.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013062811288N3**
Registration date: **2013-08-29, 1392/06/07**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-08-29, 1392/06/07

Registrant information

Name

Mohammad Alizadeh

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Nutrition Research Center, Health and Nutrition Faculty, Tabriz University of Medical Sciences

Expected recruitment start date

2013-04-19, 1392/01/30

Expected recruitment end date

2013-10-22, 1392/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Dried Extract of Glycyrrhiza Glabra Root with Weight Loss Diet on Anthropometric Indices, Vaspin Hormone, Zinc α2- glycoprotein and Lipid Profile in Obese Subjects

Public title

Effects of Glycyrrhiza Glabra on Obese Subjects

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: BMI equal or greater than 25; subjects with 25-50 years old;following no weight loss or any special diet during 6 months ago. Exclusion criteria:

vitamin and mineral supplement consumption, losing weight drugs during 3 months age;pregnancy or lactation; smoking; 5-being hypertention,cardiovascular diseases,diabetes,liver,kindney,tyroid,types 1 or 2 diabetes

Age
From **25 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **54**

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
Ethics committee of Tabriz University of Medical Science

Street address
Tabriz University of Medical Science, Golgasht Street, Tabriz

City
Tabriz

Postal code

Approval date
2013-07-22, 1392/04/31

Ethics committee reference number
9271

Health conditions studied

1

Description of health condition studied
Obesity

ICD-10 code
E66.0

ICD-10 code description
Obesity due to excess calories

Primary outcomes

1

Description
Lipid profile mesearment

Timepoint
Beginning and the end of the intervention

Method of measurement
TC,TG,HDL-C,LDL-C mesearment with special kits

2

Description
Anthropometric indices

Timepoint
Beginning and the end of the intervention

Method of measurement
Weight,height,waist circumference and hip circumference mesearments

Secondary outcomes

1

Description
Vaspin hormone

Timepoint
Begining and the end of intervention

Method of measurement
ELISA method

2

Description
Zinc α2- glycoprotein

Timepoint
Begining and the end of intervention

Method of measurement
ELISA method

Intervention groups

1

Description
Intervention group:Consumption of 1.5 gr Glycyrrhiza Glabra Root supplement (500 mg capsules three times a day) with weight loss diet

Category
Treatment - Other

2

Description
Control group:1.5 gr starch(500 mg capsules three times a day) with weight loss diet

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Sheykholrais clinic
Full name of responsible person
Dr.Mohammad Alizadeh
Street address
Sheikhalrayis clinic, Golbad street
City
Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Nutrition Research Center, Health and nutrition faculty, Tabriz University of Medical Sciences
Full name of responsible person
Dr.Ostadrahimi
Street address
Block B, Third Floor, Health And Nutrition Faculty, Tabriz University Of Medical Sciences , Attar Neyshabori Street Tabriz, East Azerbayjan,Iran, Islamic Republic Of
City
Tabriz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Nutrition Research Center, Health and nutrition faculty, 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
Tabriz University of Medical Sciences
Full name of responsible person
Nazli Namazi
Position
PhD student of nutrition
Other areas of specialty/work
Street address
Block B, Third Floor, Health And Nutrition Faculty, Tabriz University Of Medical Sciences , Attar Neyshabori Street, Tabriz
City
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Postal code
Phone
+98 41 1335 2295
Fax
Email
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Web page address

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