

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

Effects of Dried Extract of Glycyrrhiza Glabra Root with Weight Loss Diet on Anthropometric Indices, Vaspin Hormone, Zinc α 2- 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 α 2- 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 receive one 500 mg capsule, 3 times a day before meal for two months. Personality questionnaire, 24 hours food recall and international physical activity questionnaire 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 designed. The anthropometric measurements (weight, height, waist and hip circumferences) and biochemical measurements (lipid profile, vaspin and zinc α 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 α 2- 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 hypertension, cardiovascular diseases, diabetes, liver, kidney, thyroid, 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 measurement

Timepoint

Beginning and the end of the intervention

Method of measurement

TC, TG, HDL-C, LDL-C measurement 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 measurements

Secondary outcomes

1

Description

Vaspin hormone

Timepoint

Beginning and the end of intervention

Method of measurement

ELISA method

2

Description

Zinc α 2- glycoprotein

Timepoint

Beginning 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

Sheykholaclinic

Full name of responsible person

Dr.Mohammad Alizadeh

Street address

Sheikhalarayis 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
Neyshabari Street Tabriz, East Azerbaijan,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

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Block B, Third Floor, Health And Nutrition Faculty,
Tabriz University Of Medical Sciences , Attar
Neyshabari Street, Tabriz

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Tabriz

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+98 41 1335 2295

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nazli.namazi@yahoo.com

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