

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

The effect of Green Tea supplementation on liver enzymes , lipid profile and fasting blood glucose in patients of non-alcoholic fatty liver disease

Protocol summary

Summary

The aim of this study is effects of Green Tea supplementation on liver enzyme, lipid profile and Fasting Blood Sugar. 70 Men and women 20-60 years with fatty liver and Alanine amino Transferase equal or higher than 40, allocated into intervention and control groups and respectively received Green Tea and placebo. It is randomized and double blind trial. exclusion criteria are kidney diseases; chronic lung disease; other hepatic disease and alcoholism. variables are Alanine amino Transferase; Aspartate amino Transferase; Low Density Lipoprotein; High Density Lipoprotein; ; Fasting Blood Sugar; Cholesterol; Triglyceride.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013092611763N12**

Registration date: **2014-08-22, 1393/05/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-22, 1393/05/31

Registrant information

Name

Gholamreza Askari

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 1792 2110

Email address

askari@mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Science

Expected recruitment start date

2014-01-17, 1392/10/27

Expected recruitment end date

2014-03-18, 1392/12/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Green Tea supplementation on liver enzymes , lipid profile and fasting blood glucose in patients of non-alcoholic fatty liver disease

Public title

fatty liver and Green Tea

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: adults (men & women) 20-60 years with fatty liver and Alanine amino Transferase equal or higher than 40. exclusion criteria: kidney diseases, chronic lung disease, other hepatic disease, alcoholism.

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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
Isfahan University Of Medical Scinces
Street address
Hezar Jarib Street
City
Isfahan
Postal code
81745-313

Approval date

2013-11-29, 1392/09/08

Ethics committee reference number

393254

Health conditions studied

1

Description of health condition studied

non-alcoholic fatty liver disease

ICD-10 code

K76.0

ICD-10 code description

Fatty (change of) liver, not elsewhere classified

Primary outcomes

1

Description

LDL

Timepoint

befor and 3 month after intervention

Method of measurement

photometric

2

Description

Chol

Timepoint

befor and 3 month after intervention

Method of measurement

photometric

3

Description

AST

Timepoint

befor and 3 month after intervention

Method of measurement

photometric

4

Description

TG

Timepoint

befor and 3 month after intervention

Method of measurement

photometric

5

Description

ALT

Timepoint

befor and 3 month after intervention

Method of measurement

photometric

6

Description

HDL

Timepoint

befor and 3 month after intervention

Method of measurement

photometric

7

Description

FBS

Timepoint

befor and 3 month after intervention

Method of measurement

photometric

Secondary outcomes

1

Description

weight

Timepoint

befor and after 3 month of intervention

Method of measurement

scale

2

Description

waist circumference

Timepoint

before and 3 months of intervention

Method of measurement

meter

3

Description

hip circumference

Timepoint

before and 3 months after intervention

Method of measurement

meter

Intervention groups

1

Description

intervention groups: 1 capsule of 500 milligrams Green Tea in a day for 3 months

Category

Other

2

Description

control groups: 1 capsule of lactose in a day for 3 months

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Endocrinology & Metabolism Research Institute

Full name of responsible person

gholamreza askari

Street address

jomhuri eslami square- khoram Street

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

gholamreza askari

Street address

Hezar Jarib Street

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Isfahan 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

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

gholamreza askari

Position

Ph.D of Nutrition Sciences

Other areas of specialty/work

Street address

Hezar Jarib Street

City

Isfahan

Postal code

Phone

+98 31 4792 2658

Fax

Email

askari@mui.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Isfahan University Of Medical Sciences

Full name of responsible person

Gholamreza Askari

Position

Ph.D of Nutrition Sciences

Other areas of specialty/work

Street address

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Isfahan

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Phone

+98 31 4792 2658

Fax

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Person responsible for updating data

Contact

Name of organization / entity

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+98 31 4792 2658

Fax**Email**

askari@mui.ac.ir

Web page address**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