Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 enzymea,lipid profile and Fasting Blood Sugare. 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 recieved Green Tea and placebo. It is randomized and double blind trial. exclusion criteria are kidny diseases; chronic lung disease; other hepatic disease and alcoholism. variables are Alanin amino Transferase; Aspartat 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

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Gholamreza Askari
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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 live and Alanine amino Transferase equal or higher than 40. exclusion criteria:kidny 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 Sicences
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

befor and 3 month of intervention
Method of measurement
meter

3

Description
hip circumference
Timepoint
befor and 3 month after intervention
Method of measurement
meter

Intervention groups

1

Description
intervention groups:1 capsol of 500 miligrames Green Tea in a day for 3 months
Category
Other

2

Description
control groups: 1 capsol 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
jomhouri eslami square- khoram Street
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Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Isfahan University of Medical Siciences
Full name of responsible person
gholamreza askari
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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 Siciences
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
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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