Clinical Trial Protocol
Iranian Registry of Clinical Trials

11 Jul 2026

Effect of L - carnitine on lipid profile in hyperlipidemic patients referred Hospital Clinic Baqiyatallah

Protocol summary

Summary

The purpose of this study is to evaluate the effect of L-carnitine in 60 hyperlipidemic patients referred to Baqiyatallah special clinic. Diagnosis of hyperlipidemia is based on specialist opinion (cholesterol ≥ 200 mg per dL, triglycerides ≥ 200 mg per deciliter; aged between 20 to 65 years). Exclusion criteria: risk hypothyroidism, menopause and pregnancy, smoking, drugs and alcohol, inflammatory diseases, such as diabetes, cancer, based on random assignment to intervention and control groups divided. The intervention group received 2 grams L - Carnitine supplement (Company C, followed by Karen Canada) pill daily for 8 weeks (according to studies) and 2 grams placebo pill daily for placebo group. TG, Total Cholesterol, HDL and LDL was calculated before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014011411920N2**
Registration date: **2014-02-11, 1392/11/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-02-11, 1392/11/22

Registrant information

Name
Sepideh Abbaszadeh
Name of organization / entity
Baqiyatallah University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Baqiyatallah University of Medical Sciences

Expected recruitment start date

2014-01-30, 1392/11/10

Expected recruitment end date

2014-06-22, 1393/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of L - carnitine on lipid profile in hyperlipidemic patients referred Hospital Clinic Baqiyatallah

Public title

Effect of L - carnitine in patients with hyperlipidemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: risk of hyperlipidemia in the diagnosis and referral specialist measure cholesterol ≥ 200 mg dL; triglycerides ≥ 200 mg per deciliter;aged between 20 and 65 years; Gender (Female and Male) Exclusion criteria: hypothyroidism; Pregnancy & menopause;smoking;drugs and alcohol;inflammatory diseases; such as diabetes; cancer; chronic liver disease (Fatty Liver, Cirrhosis of the liver, hepatitis, etc.) and use of Anti-seizure drugs; anti-supplements oxidant.

Age

From **20 years** old to **65 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
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
Baqiyatallah University of Medical Sciences
Street address
Baqiyatallah University of Medical Science, South sheikh-Bahaei street, Mollasadra Avenue, Tehran, Iran
City
Tehran
Postal code
Approval date
2013-11-11, 1392/08/20
Ethics committee reference number
340/3/6434/س

Health conditions studied

1

Description of health condition studied
Hyperlipidemia
ICD-10 code
E78.5
ICD-10 code description
Hyperlipidemia

Primary outcomes

1

Description
Lipid Profile (Tg,Total Chol, LDL-C, HDL-C)
Timepoint
Baseline and the end of the eighth week
Method of measurement
Their past record of blood test with automated analyzers

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group completed 8 weeks of daily 2 g L - Carnitine (Company C, followed by Karen Canada) pill of 1000 mg Oral form
Category
Treatment - Drugs

2

Description
and placebo groups completed 8 weeks 2g daily Oral form use.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Baqiyatallah University of Medical Sciences
Full name of responsible person
Shahin Vahabi
Street address
Baqiyatallah University of Medical Science, South sheikh-Bahaei street, Mollasadra Avenue, Tehran, Iran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Baqiyatallah University of Medical Sciences
Full name of responsible person
Dr Gashtasb Aghasinejad
Street address
Baqiyatallah University of Medical Science, South sheikh-Bahaei street, Mollasadra Avenue, Tehran, Iran
City
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Baqiyatallah 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

Baqiyatallah University of Medical Sciences

Full name of responsible person

shahin vahabi

Position

MSc Student Nutrition

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

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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