

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of long term grape seed extract supplementation on oxidative parameters, anti oxidant factors and inflammatory biomarkers in womens volleyball

Protocol summary

Summary

This is a randomized , double-blind and placebo-controlled clinical trial of single- core and parallel to the women's volleyball 18 to 40 years old in Kashan, which have championship sentence and not the underlying disease and during and before of study not receiving supplements.After recording baseline demographic characteristics and written consents patients randomly divided into two groups receiving grape seed capsules or placebo in double-blind, 2 times a day for 6weeks .At the beginning and end of the study blood sample was taken to evaluate the effectiveness of supplementation , for determination of total antioxidant capacity , SOD , MDA , CAT, CK, AST and CRP.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014043012438N9**

Registration date: **2014-05-20, 1393/02/30**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-05-20, 1393/02/30

Registrant information

Name

Mohsen Taghizadeh

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

taghizadeh_m@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Barij Research Center of Medicinal Herbs

Expected recruitment start date

2014-07-23, 1393/05/01

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of long term grape seed extract supplementation on oxidative parameters, anti oxidant factors and inflammatory biomarkers in womens volleyball

Public title

The effect of grape seed extract on exersice induced oxidative stress

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:female gender,18-40 years old. physical health, at least 2 years history of activity in volley ball, championship sentence exclusion criteria:smoking and alcohol. other supplements,missin more than 2 session of practice,viruses disease, anti inflammatory and anti biotics drug

Age

From **18 years** old to **40 years** old

Gender

Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 40

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
Kashan University of Medical Sciences

Street address
Kashan University Of Medical Sciences, Kashan

City
Kashan

Postal code

Approval date
2014-04-26, 1393/02/06

Ethics committee reference number
627/1/5/29/ب

Health conditions studied

1

Description of health condition studied
Sports Nutrition

ICD-10 code
Z00.8

ICD-10 code description
Other general examinations

Primary outcomes

1

Description
antioxidant factors

Timepoint
baseline and end of study

Method of measurement
blood test

2

Description
inflammatory biomarkers

Timepoint
baseline and end of study

Method of measurement
blood test

3

Description
MDA

Timepoint
baseline and end of study

Method of measurement
blood test

4

Description
muscle damage factors

Timepoint
baseline and end of study

Method of measurement
blood test

5

Description
AST

Timepoint
Factors for muscle damage

Method of measurement
blood test

Secondary outcomes

empty

Intervention groups

1

Description
intervention group:grape seed extract capsule. 2 times in day for 6 weeks

Category
Treatment - Drugs

2

Description
Control group:placebo capsule. 2 times in day for 6 weeks

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashan women's volley ball Committee

Full name of responsible person

Miss E.Malekyian

Street address

Kashan women's volley ball Committee, Kashan

City

Kashan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Barij Research Center of Medicinal Herbs

Full name of responsible person

Miss L.Hejazi

Street address

Kashan Mashhad Ardehal Road, KM44

City

Kashan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Barij Research Center of Medicinal Herbs

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**

Kashan University of Medical Sciences

Full name of responsible person

Dr.M.Taghizadeh

Position

PHD

Other areas of specialty/work**Street address**

Kashan University Of Medical Sciences, Kashan

City

Kashan

Postal code**Phone**

+98 36 1555 0021

Fax**Email**

taghizadeh_m@kaums.ac.ir

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Kashan University

Full name of responsible person

Miss.E.Malekyian

Position

MS

Other areas of specialty/work**Street address**

Kashan University

City

Kashan

Postal code**Phone**

+98 36 1444 4772

Fax**Email**

malekyian.e@gmail.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Barij Research Center of Medicinal Herbs

Full name of responsible person

M.Mahlouji

Position

Clinical Expert

Other areas of specialty/work**Street address**

Kashan Mashhad Ardehal Road, KM44

City

Kashan

Postal code**Phone**

+98 86 4446 5112

Fax**Email**

mahnaz.mahlouji@yahoo.com

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