Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
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Iran (Islamic Republic of)
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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
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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