

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

15 Jul 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

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**Postal code****Phone**

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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**

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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

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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