

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of garlic tables on glucose, lipid profile . visfatin and leptin inpatients with diabetes type 2

#### Protocol summary

##### Summary

Purpose: Effect of garlic tables on glucose, lipid profile. visfatin and leptin in patients with diabetes type .  
Design: randomized, double-blind, placebo-controlled  
Inclusion Criteria for Control and Intervention group: 1. the age should be between 20 to 60 years 2. Have diabetes and their disease have been diagnosed since 5 years ago. Exclusion Criteria for Control and Intervention group: 1. Individuals who did not consume less than 80 percent of the garlic tablets 2. Individuals who did changed the dosage of the drug intake .The sample size for study is 50 patients. Duration of intervention: 12 weeks. Intervention: Garlic pills in the intervention group and the placebo in the control group. Outcome of current study: Effect of garlic tablet on FBS, HbA1C, lipid profile, Leptin and Visfatin

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014070813160N4**

Registration date: **2014-11-22, 1393/09/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-11-22, 1393/09/01

##### Registrant information

###### Name

Shima Dehghan

###### Name of organization / entity

Yazd Shahid Sadoughi University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 35 1624 5453

###### Email address

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###### Recruitment status

**Recruitment complete**

###### Funding source

University of Medical Sciences, Yazd

###### Expected recruitment start date

2013-09-23, 1392/07/01

###### Expected recruitment end date

2014-08-30, 1393/06/08

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Effect of garlic tables on glucose, lipid profile . visfatin and leptin inpatients with diabetes type 2

###### Public title

Effect of garlic tables on with diabetes type 2

###### Purpose

Prevention

###### Inclusion/Exclusion criteria

Inclusion Criteria for Control and Intervention group : age between 20 to 60 years ; have diabetes and their diabetes have been diagnosed for 5 years. Exclusion Criteria for Control and Intervention group : Disorders and diseases of the kidney, liver, heart - cardiovascular, blood pressure, thyroid and cancer ; Taking vitamin supplements or antioxidant in recent months ; Pregnancy and lactation ; insulin injections ; Smoking during the last 5 to 6 years ; Participation in another research project ; less than 80 percent of people who took garlic tablets ; People who have a change in the type and dose of your medication

###### 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: **50**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

**Placebo**

Used

**Assignment**

Parallel

**Other design features**

Random allocation software

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

Ethic Committee Yazd University of Medical Sciences

**Street address**

Emam Hossein square . Yazd

**City**

Yazd

**Postal code**

**Approval date**

2013-04-21, 1392/02/01

**Ethics committee reference number**

34128/1/17/ح

**Health conditions studied**

1

**Description of health condition studied**

Diabetes mellitus type 2

**ICD-10 code**

E10, E11,

**ICD-10 code description**

Diabetes mellitus

**Primary outcomes**

1

**Description**

HbA1c

**Timepoint**

Before the intervention and 3 months after the intervention

**Method of measurement**

Enzymatic colorimetric( GOD-PAP)Photometric method for single point measurements

**Secondary outcomes**

1

**Description**

HDL

**Timepoint**

Before the intervention and 3 months after the intervention

**Method of measurement**

Enzymatic colorimetric( GOD-PAP)Photometric method for single point measurements

2

**Description**

LDL

**Timepoint**

Before the intervention and 3 months after the intervention

**Method of measurement**

Enzymatic colorimetric( GOD-PAP)Photometric method for single point measurements

3

**Description**

CHO

**Timepoint**

Before the intervention and 3 months after the intervention

**Method of measurement**

Enzymatic colorimetric( GOD-PAP)Photometric method for single point measurements

4

**Description**

TG

**Timepoint**

Before the intervention and 3 months after the intervention

**Method of measurement**

Enzymatic colorimetric( GOD-PAP)Photometric method for single point measurements

5

**Description**

Waist

**Timepoint**

Before the intervention and 3 months after the intervention

**Method of measurement**

Meter

## 6

### **Description**

Blood pressure

### **Timepoint**

Before the intervention and 3 months after the intervention

### **Method of measurement**

Sphygmomanometer

## 7

### **Description**

Leptin hormon

### **Timepoint**

Before the intervention and 3 months after the intervention

### **Method of measurement**

ELISA method

## 8

### **Description**

Visfatin hormon

### **Timepoint**

Before the intervention and 3 months after the intervention

### **Method of measurement**

ELISA method

## 9

### **Description**

Fasting blood glucose

### **Timepoint**

Before the intervention and 3 months after the intervention

### **Method of measurement**

Enzymatic colorimetric( GOD-PAP)Photometric method for single point measurements

## **Intervention groups**

### 1

#### **Description**

Intervention group: Taking 3 tablets of 400 mg of garlic, for 12 weeks

#### **Category**

Treatment - Drugs

### 2

#### **Description**

Control group: Taking 3 placebo tablets at doses of 400 mg for 12 weeks

#### **Category**

Treatment - Drugs

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Valiasr Hospital Endocrinology Center

##### **Full name of responsible person**

Dr Alireza Esteghamati

##### **Street address**

After Doctor Gharib St , at the end of the keshavarz Av. Tehran

##### **City**

Tehran

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Vice Chancellor Yazd University of Medical Sciences

##### **Full name of responsible person**

Dr Ehrampush

##### **Street address**

Emam Hossein Square ,Yazd

##### **City**

Yazd

#### **Grant name**

#### **Grant code / Reference number**

#### **Is the source of funding the same sponsor organization/entity?**

Yes

#### **Title of funding source**

Vice Chancellor Yazd 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**

University of Medical Sciences, Yazd

##### **Full name of responsible person**

Mozafari doctor

##### **Position**

Supervisor

##### **Other areas of specialty/work**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
Dr Esteghamati  
**Position**  
Endocrinologist  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
Razieh Khademian Ravandi  
**Position**  
Student of Master Science  
**Other areas of specialty/work**  
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22 Number , Eighteen alley, Nilufar St , Apadana St ,  
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KHADEMIANRAZIEH@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*