

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 not change 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

sh.dehghan@ssu.ac.ir

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

Street address

Emam Hossein Square , Yazd

City

Yazd

Postal code

Phone

+98 35 1624 0691

Fax
Email
mozaffari.kh@gmail.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Valiasr Hospital Indocrinology Center
Full name of responsible person
Dr Esteghamati
Position
Endocrinologist
Other areas of specialty/work
Street address
After Doctor Gharib St , at the end of the keshavarz
Av. Tehran
City
Tehran
Postal code
Phone
+98 21 8841 7918
Fax
Email
mozaffari.kh@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
University of Medical Sciences, Yazd

Full name of responsible person
Razieh Khademian Ravandi
Position
Student of Master Science
Other areas of specialty/work
Street address
22 Number , Eighteen alley, Nilufar St , Apadana St ,
sohrswardi St , Tehran
City
Tehran
Postal code
Phone
+98 21 8876 8384
Fax
Email
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