

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Evaluating the effect of Cinnamon_Plus tablets on HbA1C in diabetic patients

Protocol summary

Summary

This study investigated the effects of cinnamon in reducing HbA1c and BMI in patients with type II diabetes who ranged in age from 18 to 65 years, over the past six months did not change the dose or type of medication, have HbA1c less than 8 and blood pressure control (less than 140 / 90). 70 patients referred to clinic of Endocrinology and Metabolism of Imam Reza Hospital will be studied in two groups of 35 taking cinnamon capsules over a period of three months as a randomized double-blind placebo-controlled study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015010713612N4**
Registration date: **2015-01-25, 1393/11/05**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-01-25, 1393/11/05

Registrant information

Name

Farzad Najafipour

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1335 7850

Email address

najafipourf@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Bone disease health center, Tabriz University of Medical Sciences

Expected recruitment start date

2015-02-20, 1393/12/01

Expected recruitment end date

2015-04-21, 1394/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of Cinnamon_Plus tablets on HbA1C in diabetic patients

Public title

Evaluating the effect of Cinnamon on HbA1C in diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: type 2 diabetes mellitus; Patients aged from 18 to 65 years old; HbA1c less than 8, blood pressure less than 140/90. Exclusion criteria: diabetes type 1; Patients younger than 18 or older than 65 years; Having kidney, thyroid or liver disease simultaneously; HbA1c greater than 8; blood pressure over 140/90; Changing the dose or type of medication over the last six months; Pregnancy.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 70

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

Ethics Committee of Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, Daneshgah Sq

City

Tabriz

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

93144

Health conditions studied

1

Description of health condition studied

Diabetes mellitus

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Hemoglobin A1c

Timepoint

At baseline and three months after starting treatment

Method of measurement

Chromatography

2

Description

Body Mass Index

Timepoint

At baseline and three months after starting treatment

Method of measurement

$\text{weight(kg)} \div \text{height(m)}^2$

Secondary outcomes

empty

Intervention groups

1

Description

In the first group Cinnamon Plus capsule will be used once daily for three months.

Category

Treatment - Drugs

2

Description

In the second group Placebo in form of a capsule will be used once daily for three months.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Endocrinology Clinic of Imam Reza Hospital

Full name of responsible person

Dr. Farzad Najafipour

Street address

Imam Reza medical research and training hospital, Daneshgah Ave, Tabriz

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bone Research Center, Tabriz University of Medical Sciences

Full name of responsible person

Dr. Amir Bahrami

Street address

Sroubakhsh Alley, Abresan, Tabriz

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Bone Research Center, Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Farzad Najafipour

Position

Assistant Professor of Endocrinology and Metabolic Diseases

Other areas of specialty/work

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Person responsible for updating data

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Tabriz medical university

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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