

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of nettle extract on glycemic index, lipid profile and insulin resistant in patients with type2 diabetes

Protocol summary

Summary

Given the increasing prevalence of diabetes in the country, and recommendations of the World Health Organization Expert Committee about more investigation Herbal medicines as a method for treating diabetes and tender of most people to use herbal remedies instead of drugs; this study investigate the effect of nettle extract on glycemic index, lipid profile and insulin resistant in patients with type2 diabetes. A randomized double-blinded clinical trial was done on 60 patients with type2 diabetes in clinical diabetes for 8 weeks. Inclusion criteria: both genders over the age of 30 years old and common diabetes drugs usage (metformin, glibenclamid); patients not suffering from renal disorder and cardiovascular; do not use of NSAIDS(non steroid anti inflammatory drugs); not using estrogen and progesterone drugs. Patients were advised to continue their diet and physical activity habits without any changes during intervention and received 100mg/kg nettle extract and placebo 3 times a day after each 3 main meals. For admission of patients they dissolved one saccharin tablet in glasses of extract. Placebo well as water and green food preparation is allowed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013062013727N1**

Registration date: **2013-07-23, 1392/05/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-23, 1392/05/01

Registrant information

Name

Roya Khajeh Mehrizi

Name of organization / entity

Yazd University of Medical Sciences

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Phone

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Recruitment status

Recruitment complete

Funding source

Yazd University of Medical Sciences

Expected recruitment start date

2013-07-11, 1392/04/20

Expected recruitment end date

2013-07-23, 1392/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of nettle extract on glycemic index, lipid profile and insulin resistant in patients with type2 diabetes

Public title

The effect of nettle extract in diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: both genders over the age of 30 years old and common diabetes drugs usage(metformin, glibenclamid). Exclusion criteria: patients with renal disorder; cardiovascular, liver, infections, thyroid diseases, allergies; use of NSAIDS (non steroid anti inflammatory drugs); use of estrogen and progesteron

drugs; pregnancy and breastfeeding and participate in other trials.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

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**

Yazd University of Medical Sciences

Street address

Building No. 2- Shahid Sadoughi Boulevard- Bahonar square

City

Yazd

Postal code**Approval date**

2013-03-17, 1391/12/27

Ethics committee reference number

188706

Health conditions studied**1****Description of health condition studied**

Diabetes

ICD-10 code

E10-11

ICD-10 code description

Insulin-dependent diabetes mellitus, Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

Blood glucose level

Timepoint

Before study and 8 weeks after intervention

Method of measurement

Fasting blood glucose concentrations

Secondary outcomes**1****Description**

LDL-cholesterol

Timepoint

Early Intervention and 8 weeks after intervention

Method of measurement

LDL-cholesterol concentration

2**Description**

HDL-cholesterol

Timepoint

Early Intervention and 8 weeks after intervention

Method of measurement

HDL-cholesterol concentration

3**Description**

Triglyceride

Timepoint

Early Intervention and 8 weeks after intervention

Method of measurement

Triglyceride concentration

4**Description**

Cholesterol

Timepoint

Early Intervention and 8 weeks after intervention

Method of measurement

Cholesterol concentration

5**Description**

Blood insulin

Timepoint

Early Intervention and 8 weeks after intervention

Method of measurement

Insulin concentration

Intervention groups**1****Description**

Extract nettle for 8 weeks, received 100mg/kg 3 main meal

Category

Treatment - Drugs

2**Description**

Water and green food preparation for 8 weeks after 3 main meal

Category

Placebo

Recruitment centers1**Recruitment center****Name of recruitment center**

Azadshahr Health Center

Full name of responsible person

Roya Khajeh Mehrizi

Street address

Shahrak Shahid Rajayi, Mehriz

City

Yazd

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Vice Chancellor for Research

Full name of responsible person

Dr. Hassan Mozaffari

Street address

Building No. 2, Bahonar square

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 for Research

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**

Yazd University of Medical Sciences

Full name of responsible person

Roya Khajeh Mehrizi

Position

Researcher

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Yazd University of Medical Sciences

Full name of responsible person

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Position

Professor

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>