

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The effect of tablet containing *Boswellia serrata* extract and *Mellisa officinalis* extract on memory of the elderly

Protocol summary

Summary

object:The effect of tablet containing *Boswellia serrata* extract and *Mellisa officinalis* extract on memory of the elderly Study design: a clinical trial, randomized, double blind, control with Placebo. Main inclusion and exclusion criteria: Inclusion criteria: Informed consent and willingness to participate in the study; Age 60 to 75 years.Exclusion criteria: Complications such as severe headache, nausea and vomiting, severe digestive problems; Irregular consumption Tablets; Alzheimer's and other mental disorders; trauma or stroke; a history of sensitivity to herbal medicines; Hearing and vision problems. sample size: 80 persons. Intervention: Intervention group take herbal pills containing *Boswellia serrata* extract and *Mellisa officinalis* extract twice a day, each time taking a pill for two months and Similarly control group take placebo. Outcome: Improve memory.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015102114086N6**

Registration date: **2016-06-24, 1395/04/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-24, 1395/04/04

Registrant information

Name

Mohammad Aghajani

Name of organization / entity

Kashan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Barij Essence Pharmaceutical company

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-04-20, 1395/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of tablet containing *Boswellia serrata* extract and *Mellisa officinalis* extract on memory of the elderly

Public title

The effect of tablet containing *Boswellia serrata* extract and *Mellisa officinalis* extract on memory of the elderly

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Informed consent and willingness to participate in the study; Age 60 to 75 years; Full consciousness. Exclusion criteria: Complications such as severe headache, nausea and vomiting, severe digestive problems; Irregular consumption Tablets (Two consecutive meals or two servings of total); Alzheimer's and other mental disorders; drug abuse, alcohol and psychotropic drugs; trauma or stroke; a history of sensitivity to herbal medicines; Hearing and vision problems that interfere with the elderly.

Age

From **60 years** old to **75 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features

randomization is based on block randomization thus elderly peoples are divided into two equal groups with blocks of 4 times.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Kashan University of Medical Sciences and Health Services

Street address

Ethics committee, Research Committee, Kashan University of Medical Sciences, Ghotb e Ravandi Blvd., Kashan, Iran

City

Kashan

Postal code**Approval date**

2015-02-09, 1393/11/20

Ethics committee reference number

9413

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

Memory

ICD-10 code

R41.3

ICD-10 code description

Other amnesia

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

Immediate Memory

Timepoint

Before intervention, After intervention

Method of measurement

Wechsler Memory Scale III

2**Description**

Working Memory

Timepoint

Before intervention, After intervention

Method of measurement

Wechsler Memory Scale III

Secondary outcomes

empty

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

Intervention group: tablet containing Boswellia serrata extract and Melissa officinalis extract (220 m/g) twice a day, for two months

Category

Treatment - Drugs

2**Description**

control group: pills without effective material twice a day, for two months

Category

Placebo

Recruitment centers**1****Recruitment center****Name of recruitment center**

Health centers of Kashan University of Medical Science

Full name of responsible person

Maliheh Rahmani

Street address

Ravand, Kashan University of Medical Science,

City

Kashan

2**Recruitment center****Name of recruitment center**

Shahid Sadoghi of Kashan university of medical science

Full name of responsible person

Street address

Rahahan street, Jandarmeri avenue

City

Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Barij Essence CO.

Full name of responsible person

Dr. Mohsen Tghizadeh

Street address

Mashhad Ardehal - Kashan

City

Kashan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Barij Essence CO.

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Kashan University of Medical Sciences and Health Services

Full name of responsible person

Dr. Gholamali Hamidi

Street address

Vice chancellor for research of Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kashan University of Medical Sciences and Health Services

Proportion provided by this source

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 and Health Services

Full name of responsible person

Maliheh Rahmani

Position

M.Sc Candidate in Clinical Psychology

Other areas of specialty/work

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Person responsible for scientific inquiries

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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