

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Changes in cardiovascular risk factors of overweight men after eight weeks supplementation of green tea and weight training

Protocol summary

Summary

The aim of the present study was to investigate the effect of eight weeks of green tea supplementation and weight training on cardiovascular risk factors in overweight men. Methods: 30 overweight male with a body mass index between 30-25 (kg/m²), were randomly divided to three groups of 10 subjects: 1. Weight training and supplementation with green tea (supplement), 2. Weight training (exercise) and 3. control group. Weight training was consisting of three sessions per week with an intensity of 60% - 80% of one repetition maximum for 8 weeks. Green tea was also used to supplement the amount of 6 grams per day, in three equal portions. Inclusion criteria included: No history of chronic disease; orthopedic problems; smoking; and taking antioxidant supplements. Exclusion criteria included: Absence of more than three sessions during practice; gastrointestinal distress and physical injuries. Body compositions of all subjects were assessed at pre-test and post-test using calipers. Venous blood samples, were used in the pre-test and post-test for analysis of total cholesterol, HDL, LDL, triglycerides and fibrinogen.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013080414267N1**

Registration date: **2014-01-20, 1392/10/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-01-20, 1392/10/30

Registrant information

Name

Worya Tahmasebi

Name of organization / entity

Razi university

Country

Iran (Islamic Republic of)

Phone

+98 83 3427 4583

Email address

w_tahmasebi@sbu.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2013-04-09, 1392/01/20

Expected recruitment end date

2013-06-10, 1392/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Changes in cardiovascular risk factors of overweight men after eight weeks supplementation of green tea and weight training

Public title

Effect of eight weeks of green tea supplementation on cardiovascular risk factors in overweight individuals

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Overweight men with body mass index between 25-30 kg/m²; age range 18-27 years; no history of chronic disease; orthopedic problems; smoking and taking antioxidant supplements. Exclusion criteria: More than three absences during a training session;

gastrointestinal discomfort and physical injury.

Age

From **18 years** old to **27 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

30 volunteers were randomly divided (lucky draw) to three groups of 10 subjects (10 subjects in each group).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of University of Kurdistan

Street address

University of Kurdistan, Pasdaran Street.

City

Sanandaj

Postal code

Approval date

2012-12-27, 1391/10/07

Ethics committee reference number

3/2684

Health conditions studied

1

Description of health condition studied

Cardiovascular disease

ICD-10 code

I25.0

ICD-10 code description

Atherosclerotic cardiovascular disease

Primary outcomes

1

Description

Cholesterol, TG, HDL and LDL

Timepoint

Before and after intervention

Method of measurement

Cholesterol, triglycerides, HDL and LDL were measured with spectrophotometer method using kits from Pars Azmun company Iran.

2

Description

Fibrinogen

Timepoint

Before and after intervention

Method of measurement

Fibrinogen concentration was measured with thrombin clotting time method using sigma kit from Kyowl Medex company, Japan.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Weight training and supplementation with green tea: 10 subjects did weight training for 8 weeks, 3 sessions per week, with an intensity of 60-80% of one repetition maximum. In addition, subjects who consumed a daily 6 grams of dried leaf powder, green tea (2 g powder of dried green tea leaves in 200 ml water at 80°C) for one hour before meals at 3 times (morning, afternoon and evening). Green tea was in bag (2 g) and manufactured in the Lahigan Tea Company, Iran.

Category

Prevention

2

Description

Intervention groups 2: Weight training, 10 participants did resistance training for 8 weeks and 3 sessions per week, with an intensity of 60-80% of one repetition maximum.

Category

Prevention

3

Description

Control group: 10 subjects did no exercise and supplementation and only had to do routine activities.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Kurdistan

Full name of responsible person

Mohammadzadeh Farid, MS, Instructor

Street address

University of Kurdistan, Pasdaran St., Sanandaj,
Kurdistan state

City

Sanandaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of University of Kurdistan

Full name of responsible person

Abdollah Salimi

Street address

University of Kurdistan, Pasdaran Street

City

Sanandaj

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 of University of Kurdistan

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 Kurdistan

Full name of responsible person

Farhad Ahmadi Kani Golzar

Position

MA, Lecturer

Other areas of specialty/work**Street address**

University of Kurdistan, Pasdaran Street.

City

Sanandaj

Postal code**Phone**

+98 87 1351 4346

Fax**Email**

farhadahmadi19@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

University of Kurdistan

Full name of responsible person

Farhad Ahmadi Kani Golzar

Position

Master in Exercise Physiology

Other areas of specialty/work**Street address**

University of Kurdistan, Pasdaran Street

City

Sanandaj

Postal code**Phone**

+98 87 1351 4346

Fax**Email**

farhadahmadi19@yahoo.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

University of Kurdistan

Full name of responsible person

Farhad Ahmadi Kani Golzar

Position

Master in Exercise Physiology, Lecturer.

Other areas of specialty/work**Street address**

University of Kurdistan, Pasdaran Street

City

Sanandaj

Postal code**Phone**

+98 35 14346

Fax**Email**

farhadahmadi19@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