Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jul 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