

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of concentrated pomegranate juice consumption on lipid profile and inflammatory factors in patients with type 2 diabetes

Protocol summary

Summary

The aim of this study is to examine the effects of concentrated pomegranate juice on serum lipid profile and some inflammatory factors in patients with type 2 diabetes. Forty patients aged between 25-60 years old from both sexes are recruited. Patients consume 50gr/day concentrated pomegranate juice for 4 weeks. Anthropometric and blood pressure measurements, 3-days food-record questionnaire, physical activity and fasting blood samples were collected at the beginning and at the end of the study. Fasting blood sugar, lipid profile, TNF- α , IL-6, hs-CRP and adiponectin levels are measured. LDL are calculated by formula. The participants are asked not to change their regular diet, medicine and activity during the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013091614680N1**

Registration date: **2013-11-22, 1392/09/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-11-22, 1392/09/01

Registrant information

Name

Farideh Shishehbor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3373 8430

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Recruitment status

Recruitment complete

Funding source

Vic chancellor for research, Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2013-10-02, 1392/07/10

Expected recruitment end date

2013-12-01, 1392/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of concentrated pomegranate juice consumption on lipid profile and inflammatory factors in patients with type 2 diabetes

Public title

The effects of concentrated pomegranate juice on inflammatory factors in type 2 diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: male or female 25 to 60 years old; having type 2 diabetes at least 6 month. Exclusion criteria: pregnancy; lactation; cardiac; hepatic; respiratory and chronic renal diseases; acute or chronic inflammation; retinopathy; intake of antioxidant supplement; insulin therapy; sensitivity to concentrated pomegranate juice; change oral drug for controlling blood glucose were excluded.

Age

From **25 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz Jundishapoor University of Medical Sciences

Street address

Vice Chancellor for Research and Technological Development, Ahvaz Jundishapoor University of Medical Sciences, Golestan Blv., Ahvaz

City

Ahvaz

Postal code

Approval date

2013-06-22, 1392/04/01

Ethics committee reference number

Ajums-REC.1392.54 B-9202

Health conditions studied

1

Description of health condition studied

type 2 diabetes

ICD-10 code

E-11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Triglyceride

Timepoint

Baseline and after 4 weeks

Method of measurement

Spectrophotometry

2

Description

Total Cholesterol

Timepoint

Baseline and after 4 weeks

Method of measurement

Spectrophotometry

3

Description

HDL- Cholesterol

Timepoint

Baseline and after 4 weeks

Method of measurement

Spectrophotometry

4

Description

LDL- Cholesterol

Timepoint

Baseline and after 4 weeks

Method of measurement

Friedewald Formula

5

Description

hsCRP

Timepoint

Baseline and after 4 weeks

Method of measurement

Eliza

6

Description

TNF- α

Timepoint

Baseline and after 4 weeks

Method of measurement

Eliza

7

Description

IL-6

Timepoint

Baseline and after 4 weeks

Method of measurement

Eliza

8

Description

adiponectin

Timepoint

Baseline and after 4 weeks

Method of measurement

Eliza

Secondary outcomes

1

Description

Fasting Blood Sugar

Timepoint

baseline and after 4 weeks

Method of measurement

Spectrophotometry

2

Description

Blood Pressure

Timepoint

Baseline and after 4 weeks

Method of measurement

Sphygmomanometer

3

Description

Body Mass Index

Timepoint

baseline and after 4 weeks

Method of measurement

calculate

Intervention groups

1

Description

50 gr concentrated pomegranate juice with lunch and dinner meals for 4 weeks

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Golestan hospital

Full name of responsible person

Street address

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vic chancellor for research, Ahvaz Jundishapour University of Medical Sciences

Full name of responsible person

Maryam Zare

Street address

Ahvaz Jundishapour University of Medical Sciences

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vic chancellor for research, Ahvaz Jundishapour 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

Ahvaz Jundishapour University of Medical Sciences

Full name of responsible person

Maryam Zare

Position

MS candidate student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Farideh Shishebor

Position

Nutrition PhD, Assistant professor, Ahvaz Jundishapour University of Medical Sciences

Other areas of specialty/work

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Name of organization / entity

Ahvaz Jundishapour University of Medical Sciences

Full name of responsible person

Maryam Zare

Position

M.Sc condidate

Other areas of specialty/work

Street address

Ahvaz University of medical sciences

City

Ahvaz

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