Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparing effect of addition of apple cider vinegar to triple regimen with pantaprazole, clarithromycin and amoxicillin on Helicobacter pylori eradication.

Protocol summary

Summary

The purpose of this study was to evaluate the effect of apple cider vinegar plus Proton Pump Inhibitor based triple therapy on eradication of Helicobacter pylori. 116 patients with H. pylori infection were studied. Patients in study group (59 patients) received amoxicillin, clarithromycin, and pantaprazole twice daily. Patients in control group (57 patients) received the same regimen plus 30 mL of apple cider vinegar twice daily. The duration of therapy for study and control groups was 10 and 14 days respectively. Four weeks after the completion of therapy, Urea breath test was performed to assess the success of H. pylori infection eradication.

General information

Acronym

Helicobacter Pylori and apple cider vinegar

IRCT registration information

IRCT registration number: **IRCT2013100614901N1**
Registration date: **2013-10-21, 1392/07/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-10-21, 1392/07/29

Registrant information

Name

Zahra Vahdat Shariatpanahi

Name of organization / entity

Faculty of Nutrition and Food Sciencees, Shahid Beheshti University of Medical Sciences

Country

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Phone

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Recruitment status

Recruitment complete

Funding source

Ilam University of Medical Science

Expected recruitment start date

2012-08-12, 1391/05/22

Expected recruitment end date

2013-09-01, 1392/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing effect of addition of apple cider vinegar to triple regimen with pantaprazole, clarithromycin and amoxicillin on Helicobacter pylori eradication.

Public title

Effect of apple cider vinegar on Helicobacter pylori growth

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Positive rapid urease test patients without ulcer; Without consumption of H2 antagonists, proton pump inhibitors and antibiotics in four recent weeks. Without gastrointestinal bleeding in recent four weeks Exclusion criteria: Who can not tolerance apple cider vinegar

Age

From **18 years** old to **60 years** old

Gender

Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **116**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
liam University of Medical Sciences
Street address
Banghanjab street, Ilam, Iran
City
Ilam
Postal code
Approval date
2013-10-07, 1392/07/15
Ethics committee reference number
EC/92/h/147

Health conditions studied

1

Description of health condition studied
Contamination of stomach with h.pylori
ICD-10 code
k31.9
ICD-10 code description
Disease of stomach and duodenum, unspecified

Primary outcomes

1

Description
H.pylori growth
Timepoint
Before treatment
Method of measurement
Rapid Urease Test

Secondary outcomes

1

Description
Growth of H.Pylori
Timepoint
4 weeks after completion of treatment
Method of measurement
Breath Urease Test

Intervention groups

1

Description
The study group received 40 mg pantaprazol, 1 g amoxicillin, and 500 mg clarithromycin twice daily plus 30 mL of raw, unfiltered ACV in a glass of water twice daily after meal over 10 days.
Category
Treatment - Other

2

Description
The control group received 40 mg pantaprazol, 1 g amoxicillin, and 500 mg clarithromycin twice daily over two weeks.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Ali hospital
Full name of responsible person
Street address
City
Ilam

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ilam University of Medical Sciences
Full name of responsible person
Dr Farid Jalilian
Street address
Banganjab St, Ilam
City
Ilam
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ilam 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

Faculty of Nutrition and Food Sciencees, Shahid Beheshti University of Medical Sciences

Full name of responsible person

Zahra Vahdat Shariatpanahi

Position

MD, PhD in nutrition

Other areas of specialty/work

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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