

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jun 2026

### The effect of Omega-3 supplement consumption and aerobic exercise on sports proteinuria and albuminuria in active men

#### Protocol summary

##### Summary

**Background and Objective:** Sports proteinuria that occurs after intensity physical activity causes reduced protein excretion from the kidneys and reduction of essential blood proteins. The purpose of the present study was to evaluate the effect of omega-3 supplementation and selected aerobic exercise on proteinuria in active men. **Materials and Methods:** Twenty Volunteer active men participated in this study. Subjects were randomized to one of 2 groups: exercise+ supplement(E+S) and exercise with placebo(E+P).The subjects in two groups performed aerobic exercise training up to 75%-85% of HRmax , three times a week for 4 weeks. Subjects in the E+S consumed 2000 mg/d Omega-3 for 4 weeks. Urine samples were collected at baseline and end of Bruce test to measure total protein and albumin. After the 4 weeks of training and supplementation program, again urine samples were collected

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014020116436N1**  
Registration date: **2014-02-22, 1392/12/03**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-02-22, 1392/12/03

##### Registrant information

##### Name

Mojtaba Mahmudi

##### Name of organization / entity

Shahid Rajaei Teacher Training University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 42 6224 8084

##### Email address

m.mahmudi8590@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Shahid Rajaei Teacher Training University

##### Expected recruitment start date

2013-03-20, 1391/12/30

##### Expected recruitment end date

2013-05-30, 1392/03/09

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of Omega-3 supplement consumption and aerobic exercise on sports proteinuria and albuminuria in active men

##### Public title

The effect of Omega-3 supplement consumption and aerobic exercise on sports proteinuria and albuminuria in active men

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criterion: people who are active. Exclusion criteria: subjects with pathological causes of proteinuria and chronic proteinuria.

##### Age

No age limit

##### Gender

Male

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 20

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shahid Rajaei Teacher training University

##### Street address

lavizan.tehran

##### City

tehran

##### Postal code

#### Approval date

2012-09-22, 1391/07/01

#### Ethics committee reference number

1286/18

## Health conditions studied

### 1

#### Description of health condition studied

exercise proteinuria

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Proteinuria

#### Timepoint

Before and 4 weeks after intervention

#### Method of measurement

Urine analysis

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The subjects in two groups performed aerobic exercise training up to 75%-85% of HRmax , three times a week for 4 weeks. Subjects in the E+S consumed 2000 mg/d Omega-3 for 4 weeks

#### Category

Prevention

### 2

#### Description

Group exercise -Placebo two capsules daily placebo identical placebo capsules containing 2080 mg of sun flower oil, 19% saturated fatty acids and 81% unsaturated fatty acids with a double bond consumed

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Islamic Azad University, Ahar Branch

##### Full name of responsible person

##### Street address

Islamic Azad University, Ahar Branch

##### City

Ahar

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Teacher Training University Shahid Rajaei

##### Full name of responsible person

Majid Kashef

##### Street address

Tehran

##### City

Tehran

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Teacher Training University Shahid Rajaei

#### 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*

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m.mahmudi8590@yahoo.com  
**Web page address**

## Person responsible for general inquiries

### Contact

**Name of organization / entity**  
Teacher Training University Shahid Rajaei  
**Full name of responsible person**  
Mojtaba Mahmudi  
**Position**  
MSc of Exercise Physiology  
**Other areas of specialty/work**  
**Street address**  
No.24, 4th Bonyad st., Sixth Ferdosi st., Ahar  
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## Person responsible for scientific inquiries

### Contact

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**Phone**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Teacher Training University Shahid Rajaei  
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Mojtaba Mahmudi  
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m.mahmudi8590@yaghoo.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*