

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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Person responsible for general inquiries

Contact

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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