Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effects of Rhus Coriaria L. (Sumac) on Serum Lipid Levels of Patients With Hyperlipidemia

Protocol summary

Summary

Objectives: To evaluate the effects of Rhus coriaria (Sumac) on serum lipid levels of patients with hyperlipidemia Design: Double-blind placebo-controlled randomized clinical trial Method:74 hyperlipidemic patients with the inclusion criteria will enter into the study and randomly assign to treatment or placebo group. Inclusion criteria: • Age: 20-65 years old. • Serum triglyceride more than 150mg/dl and /or total cholesterol equal or more than 240mg/dl. Exclusion criteria: • Serum triglyceride more than 500 mg/dl. • Serum LDL-cholesterol at level which need drug treatment according to the patient risk categories (NCEPATP III). • Diabetes mellitus. • Hypo or hyperthyroidism. • Any systemic illnesses e.g. liver cirrhosis, acute or chronic renal failure, heart failure. • Use of drugs: OCPs, lipid lowering agents, thiazides. • Pregnancy. • Alcoholism. • History of allergic reaction to Sumac. Interventions: One group recieve Sumac powder 500 cap. twice daily and another group recieve placebo cap. twice daily for 6 weeks. Primary outcom measures: serum total cholesterol, triglyceride,LDL-cholesterol and HDL-cholesterol levels.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014030716876N1**
Registration date: **2015-07-24, 1394/05/02**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-24, 1394/05/02

Registrant information

Name
Mesbah Shams
Name of organization / entity
Shiraz University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-10-01, 1393/07/09

Expected recruitment end date

2015-04-01, 1394/01/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Rhus Coriaria L. (Sumac) on Serum Lipid Levels of Patients With Hyperlipidemia

Public title

Use of Sumac in treatment of hyperlipidemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: • Age: 20-65 years old. • Serum triglyceride more than 150mg/dl and /or total cholesterol equal or more than 240mg/dl. Exclusion criteria: • Serum triglyceride more than 500 mg/dl. • Serum LDL-cholesterol at level which need drug treatment according to the patient risk categories (NCEPATP III). • Diabetes mellitus. • Hypo or hyperthyroidism. • Any systemic

illnesses e.g. liver cirrhosis, acute or chronic renal failure, heart failure. • Use of drugs: OCPs, lipid lowering agents, thiazides. • Pregnancy. • Alcoholism. • History of allergic reaction to Sumac.

Age
From **20 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **74**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

1

Registry name
ClinicalTrials.gov

Secondary trial Id
NCT02295293

Registration date
2014-11-10, 1393/08/19

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committe

Street address
Shiraz University of Medical Sciences

City
Shiraz

Postal code

Approval date
2015-02-16, 1393/11/27

Ethics committee reference number
CT-P-92-5581

Health conditions studied

1

Description of health condition studied
Hyperlipidemia

ICD-10 code
E78.5

ICD-10 code description
Hyperlipidaemia, unspecified

Primary outcomes

1

Description
Serum total cholesterol level

Timepoint
6 weeks

Method of measurement
Biochemical analysis

2

Description
Serum triglyceride level

Timepoint
6 weeks

Method of measurement
Biochemical analysis

3

Description
Serum HDL-cholesterol level

Timepoint
6 weeks

Method of measurement
Biochemical analysis

4

Description
Serum LDL-cholesterol level

Timepoint
6 weeks

Method of measurement
Biochemical analysis

Secondary outcomes

1

Description
Serum ALT level

Timepoint
6 weeks

Method of measurement
Biochemical analysis

2

Description
Serum AST level

Timepoint
6 weeks

Method of measurement
Biochemical analysis

3

Description
Fasting Blood Sugar (FBS)
Timepoint
6 weeks
Method of measurement
Biochemical analysis

4

Description
Serum creatinin level
Timepoint
6 weeks
Method of measurement
Biochemical analysis

5

Description
Serum alkaline phosphatase level
Timepoint
6 weeks
Method of measurement
Biochemical analysis

Intervention groups

1

Description
Drug: Rhus Coriaria L. (Sumac) 500 mg of Rhus Coriaria L. (Sumac) powder in capsule 1 capsule twice daily for 6 weeks
Category
Treatment - Drugs

2

Description
Placebo capsule: 1 capsule twice daily for 6 weeks
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Motahhari Clinic, Shiraz University of Medical Sciences
Full name of responsible person
Mesbah Shams
Street address
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor of Research, Shiraz University of Medical Sciences
Full name of responsible person
Dr. Seyyed Basir Hashemi
Street address
Shiraz University of Medical Sciences, Zand st.
City
Shiraz
Grant name
Grant code / Reference number
91-01-01-5581
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor of Research, Shiraz 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
Shiraz University of Medical Sciences
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Mesbah Shams
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Person responsible for updating data

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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