

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of oral carbohydrate solutions on blood glucose levels and competition time in elite semi-endurance swimmers

#### Protocol summary

##### Summary

Twelve male adolescent elite swimmers took three oral 6% purified carbohydrate solutions as glucose, sugar or placebo (aspartame) formulas in three non-consecutive days. In each day the swimmers tried two 200 meters course separated by 15 minutes between each course. Before starting the second course, subjects drank their solutions. Blood glucose levels and time elapsed in two phases were recorded

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014031716910N1**  
Registration date: **2014-04-06, 1393/01/17**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-04-06, 1393/01/17

##### Registrant information

##### Name

Laleh Afshari

##### Name of organization / entity

ahvaz jundishapour university

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 1333 8289

##### Email address

afshari.l@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Ahvaz Jundishapur University of Medical Sciences

##### Expected recruitment start date

2011-03-21, 1390/01/01

##### Expected recruitment end date

2011-12-22, 1390/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of oral carbohydrate solutions on blood glucose levels and competition time in elite semi-endurance swimmers

##### Public title

The effect of oral carbohydrate solutions on blood glucose

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criterion: exercise 3 day in week for 3 hours.

Exclusion criterion: PKU disease.

##### Age

From **12 years** old to **17 years** old

##### Gender

Male

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **12**

##### Randomization (investigator's opinion)

N/A

##### Randomization description

##### Blinding (investigator's opinion)

Not blinded

##### Blinding description

## Placebo

Used

## Assignment

Crossover

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences

##### Street address

Golestan haigh way

##### City

Ahvaz

##### Postal code

##### Approval date

2010-09-23, 1389/07/01

##### Ethics committee reference number

87s.3

## Health conditions studied

### 1

#### Description of health condition studied

exersice

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Blood glucose

#### Timepoint

15 min after and before swimming

#### Method of measurement

FBS oto analyzer

## Secondary outcomes

### 1

#### Description

Swiming record

#### Timepoint

15 min after sport bevarage

#### Method of measurement

Cronometer

## Intervention groups

### 1

#### Description

Consumption of carbohydrate solution (sugar solution6%)

#### Category

Treatment - Other

### 2

#### Description

Consumption of carbohydrate solution (golucose solution6%)

#### Category

Treatment - Other

### 3

#### Description

pelasebo solution(aspartame)

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ahvaz Jundishapur University of Medical Sciences

##### Full name of responsible person

Dr. Reza Amani

##### Street address

Golestan high way

##### City

Ahvaz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

##### Full name of responsible person

Mis Jadori

##### Street address

Golestan haigh way

##### City

Ahvaz

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Ahvaz Jundishapur 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*

+98 61 1373 8302  
**Fax**  
**Email**  
rezaamani@hotmail.com  
**Web page address**

## Person responsible for general inquiries

### Contact

**Name of organization / entity**  
Ahvaz Jundishapur University of Medical Sciences  
**Full name of responsible person**  
Laleh Afshari  
**Position**  
Master of nutrition  
**Other areas of specialty/work**  
**Street address**  
Golestan high way  
**City**  
Ahvaz  
**Postal code**  
**Phone**  
+98 61 1333 8289  
**Fax**  
**Email**  
afshari.l@ajums.ac.ir  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Ahvaz Jundishapur University of Medical Sciences  
**Full name of responsible person**  
Dr Reza Amani  
**Position**  
PhD of nutrition  
**Other areas of specialty/work**  
**Street address**  
Golestan higha way  
**City**  
Ahvaz  
**Postal code**  
**Phone**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Ahvaz Jundishapur University of Medical Sciences  
**Full name of responsible person**  
Laleh Afshari  
**Position**  
Master student  
**Other areas of specialty/work**  
**Street address**  
Golestan high way  
**City**  
Ahvaz  
**Postal code**  
6155648311  
**Phone**  
+98 61 1333 8289  
**Fax**  
+98 61 1333 8289  
**Email**  
afshari.l@ajums.ac.ir; laleh.afshari@yahoo.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*