

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

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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

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Person responsible for general inquiries

Contact

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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