

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

The effect of Anethum graveolens supplementation on some blood biochemical parameters in type 2 Diabetes Patients

Protocol summary

Summary

This study is a randomized double-blind placebo controlled trial that will carry on 60 diabetic patients according to specialist diagnosis from clinics of Tabriz University of Medical Science. The aim of the study is to evaluate the effect of Anethum graveolens supplementation on some blood biochemical parameters in type 2 Diabetes Mellitus patients. Patients will be divided randomly to 2 groups; intervention group : patients receive 3 pill containing 1g powder of anethum herb, and placebo group patients take 3 pill containing 1g isomalt capsule for 60 days. Anthropometric measurements (weight, height, waist and hip circumference), biochemical criteria including lipid profile (TG,TC,HDL-C,LDL-C), inflammation markers (hs-CRP, IL-6, TNF-a) , blood glucose and serum antioxidants using 5cc blood collected, physical activity levels and dietary record will be measured before and after treatment (8 week).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112312017N6**

Registration date: **2012-01-10, 1390/10/20**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-01-10, 1390/10/20

Registrant information

Name

Alireza Ostadrahimi

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research, Tabriz University Of Medical Sciences

Expected recruitment start date

2012-01-21, 1390/11/01

Expected recruitment end date

2012-03-20, 1391/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Anethum graveolens supplementation on some blood biochemical parameters in type 2 Diabetes Patients

Public title

The effect of Anethum graveolens supplementation on some blood biochemical parameters in type 2 Diabetes Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18-65 years; proven diagnosis for diabetes mellitus; absence of antioxidants supplementation in previous months or in the study and absence of special diet. Exclusion criteria: history of impaired immune system; alcohol use and depression.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Vice-chancellor for research-Tabriz University of
Medical Science

Street address

Golgasht street, Tabriz, East Azarbayjan,Iran, Islamic
Republic Of

City

Tabriz

Postal code

Approval date

2011-10-23, 1390/08/01

Ethics committee reference number

5.4.5842

Health conditions studied

1

Description of health condition studied

Diabetes type2

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Lipid profiles (TC, TG, LDL-C, HDL-C)

Timepoint

Baseline and at the end of intervention

Method of measurement

Enzymatic methods for TC,TG and HDL-C For LDL-C :
Freidwald's formula: $LDL-C = TC - HDL-C - (TG/5)$

2

Description

Inflammation markers (hs-CRP , TNF- α .IL-6)

Timepoint

Baseline and at the end of intervention

Method of measurement

ELISA

3

Description

Blood glucose

Timepoint

Baseline and at the end of intervention

Method of measurement

Enzymatic method

Secondary outcomes

1

Description

Serum Antioxidant

Timepoint

Baseline and at the end of intervention

Method of measurement

enzymatic method

2

Description

Nutritional status

Timepoint

Baseline and at the end of intervention

Method of measurement

Dietary record and food frequency questionnaire

3

Description

Anthropometric measurements

Timepoint

Baseline and at the end of intervention

Method of measurement

Analogue scale and meter

Intervention groups

1

Description

Intervention group: daily 3 pill of containing 1g powder of
Anethum herb for 60 day

Category

Treatment - Drugs

2

Description

Placebo group: 3 pill containing 1g powder of isomalt for 60 day

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz University of Medical Sciences Clinics

Full name of responsible person

Laleh Payahoo

Street address

Health and Nutrition faculty, Attare Neishabouri Avenue, Golgasht street, Tabriz , East Azarbayjan ,Iran, Islamic Republic Of

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for research of Tabriz University of Medical Sciences

Full name of responsible person

Mohammadreza Rashidi

Street address

Tabriz University Of Medical Sciences, Tabriz, East Azarbaijan, Iran

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellor for research of Tabriz 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

Tabriz university of medical science

Full name of responsible person

Laleh Payahoo

Position

MSc student in Nutrition

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Assistant professor in Nutrition

Other areas of specialty/work

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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