

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

The effect of ginger (*zingiber officinale*) on glucose, HbA1c and insulin sensitivity in type 2 diabetic 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 zingiber officinal supplementation on some blood biochemical parameters in type 2 Diabetes Mellitus patients. Patients will be divided randomly to 2 groups; intervention group : patients receive 2 pill containing 1g powder of ginger herb, and placebo group patients take 2 pill containing 1g isomalt for 60 days. Anthropometric measurements (weight, height), biochemical criteria including lipid profile (TG,TC,HDL-C,LDL-C), blood glucose, HbA1c and insulin 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: **IRCT201202232017N7**

Registration date: **2012-04-17, 1391/01/29**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-04-17, 1391/01/29

Registrant information

Name

Alireza Ostadrahimi

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1335 7580

Email address

ostadrahimi@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research, Tabriz University Of Medical Sciences

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ginger (*zingiber officinale*) on glucose, HbA1c and insulin sensitivity in type 2 diabetic patients

Public title

The effect of ginger (*zingiber officinale*) on glucose, HbA1c and insulin sensitivity in type 2 diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18-65 years; proven diagnosis for diabetes mellitus by experts; 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, nephrotic syndrome, peptic ulcer, gastrointestinal disorders, Pregnancy and Lactation, Consumption of alcoholic beverages, food allergies.

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**

Tabriz University of Medical Sciences Ethics Committee

Street address

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

City

Tabriz

Postal code**Approval date**

2012-03-12, 1390/12/22

Ethics committee reference number

9090

Health conditions studied**1****Description of health condition studied**

type 2 diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

Glucose and HbA1c

Timepoint

Before and after intervention

Method of measurement

Enzymatic method and ELISA method for HbA1c

Secondary outcomes**1****Description**

Insulin sensitivity

Timepoint

Before and after intervention

Method of measurement

Insulin measured by ELISA

2**Description**

Lipid profile

Timepoint

Before and after the intervention

Method of measurement

Enzymatic method for total cholesterol and HDL and Freidwald's formula for LDL

Intervention groups**1****Description**

Intervention group:2 pill containing 1g powder of ginger for 60 day

Category

Treatment - Drugs

2**Description**

Placebo group: 2 pill containing 1g powder of isomalt for 60 day

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

The clinics of Tabriz University Of Medical Sciences

Full name of responsible person

sepide mahluji

Street address

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

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for research-Tabriz University of Medical Science

Full name of responsible person

Mohammad Reza Rashidi

Street address

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

City

Tabriz

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-Tabriz University of Medical Science

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 Sciences

Full name of responsible person

Sepide Mahluji

Position

MSc student in Nutrition

Other areas of specialty/work**Street address**

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Person responsible for scientific

inquiries

Contact**Name of organization / entity**

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Full name of responsible person

Alireza Ostadrahimi

Position

Associate professor in Nutrition

Other areas of specialty/work**Street address**

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Person responsible for updating data

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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