

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of ginger (zingiber officinale) on antioxidant status and dietary intake 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 total antioxidant capacity and MDA using 5cc blood collected, physical activity levels and dietary record will be measured before and after treatment (8 week). moreover the dietary intake will be evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204162017N8**

Registration date: **2012-10-06, 1391/07/15**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-10-06, 1391/07/15

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

Student Research Center, Tabriz University of Medical Sciences

Expected recruitment start date

2012-10-22, 1391/08/01

Expected recruitment end date

2012-12-21, 1391/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ginger (zingiber officinale) on antioxidant status and dietary intake in type 2 diabetic patients

Public title

The effect of ginger (zingiber officinale) on antioxidant status and dietary intake in type 2 diabetic patients

Purpose

Supportive

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

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tabriz University of Medical Science

Street address

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

City

tabriz

Postal code

Approval date

2011-03-13, 1389/12/22

Ethics committee reference number

90101

Health conditions studied

1

Description of health condition studied

diabetes mellitus

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Determining and comparing the dietary intake in the
intervention group and control

Timepoint

before and after the intervention

Method of measurement

nutritionist 4

Secondary outcomes

1

Description

Total antioxidant capacity

Timepoint

before and after the intervention

Method of measurement

enzymatic method

2

Description

malondialdehyde

Timepoint

before and after the intervention

Method of measurement

espectrophotometry

Intervention groups

1

Description

2grams of isomalt in two divided doses

Category

Placebo

2

Description

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

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Sinai and imam Reza Hospital

Full name of responsible person

sepide mahluji

Street address

tabriz

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Student Research Center,tabriz university of medical

science

Full name of responsible person

mohammadreza rashidi

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Health and Nutrition faculty, Attare Neishabouri
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,Iran

City

tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Student Research Center,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

health and nutrition faculty

Full name of responsible person

sepide mahluji

Position

MSc student in Nutrition

Other areas of specialty/work

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**Person responsible for scientific
inquiries**

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Full name of responsible person

alireza ostadrahimi

Position

Associate 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