

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Survey of The Effect of Turmeric Total Extract Supplement on Metabolic and Anthropometric Factors in Obese Subjects

Protocol summary

Registration timing: **prospective**

Summary

Object of study: Determination the effect of Curcuma longa extract supplementation on metabolic parameters (lipid profile, blood glucose and insulin sensitivity) and anthropometric parameters in obese people. Study design: random, double blind, control with placebo, one research center. Study population: 70 obese subjects divided into 2 groups will receive turmeric extract (500 mg daily) and placebo control group (receiving 500 mg of starch per day). study groups will receive capsules for 90 days. Inclusion criteria: Willingness to cooperate, obese people with a body mass index over 30, age 20-65 years Exclusion criteria: Pregnancy and lactation, liver and kidney diseases, cancer, inflammation, digestive problems, special diet, hypo and hyper thyroid, recent surgery, anti coagulation, anemia, diabetes, allergies to the ginger family, turmeric and consumption of beverages alcohol, drugs and supplements for weight control and people with very low or high physical activity. first people will fill in Informed consent form, demographic and physical activity questioners and then randomly assigned to either the intervention group (receiving 500 mg extract of turmeric) and control (receiving 500 mg of starch day). Both groups will receive 2 capsules for 90 days daily after meals. starch will be used as a placebo. height, weight, waist and hip in the beginning and end of the study will be measured. To measure the glucose, HbA1C, insulin, and lipid and lipoproteins, 5 mL of blood before and at the end of the period will be taken. Both systolic and diastolic blood pressure measurements at the beginning and end of the study will be conducted in all patients

Last update:

Update count: **0**

Registration date

2013-07-16, 1392/04/25

Registrant information

Name

Alireza Ostadrahimi

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

ostadrahimi@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Nutrition Sciences Research Center, Tabriz University of Medical Sciences

Expected recruitment start date

2013-08-23, 1392/06/01

Expected recruitment end date

2013-10-23, 1392/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey of The Effect of Turmeric Total Extract Supplement on Metabolic and Anthropometric Factors in Obese Subjects

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201307082017N11**

Registration date: **2013-07-16, 1392/04/25**

Public title

Survey of The Effect of Turmeric Total Extract Supplement on Metabolic and Anthropometric Factors in Obese Subjects

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to cooperate, obese people with a body mass index over 30, age 20-65 years
Exclusion criteria: Pregnancy and lactation, liver and kidney diseases, cancer, inflammation, digestive problems, special diet, hypo and hyper thyroid, recent surgery, anti coagulation, anemia, diabetes, allergies to the ginger family, turmeric and consumption of beverages alcohol, drugs and supplements for weight control and people with very low or high physical activity

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

Nutrition Sciences Research Center - Tabriz University of Medical Sciences

Street address

Tabriz-Golgasht Avenue, Attar Neishaboori Street- Faculty of Nutrition

City

Tabriz

Postal code

5166614711

Approval date

2013-04-29, 1392/02/09

Ethics committee reference number

9219

Health conditions studied

1

Description of health condition studied

obesity and lipid disorders

ICD-10 code

E65-E68

ICD-10 code description

Obesity and other hyperalimentation

Primary outcomes

1

Description

metabolic parameters

Timepoint

Before and three months after intervention

Method of measurement

Standard laboratory kits

2

Description

Anthropometric indices

Timepoint

Before and three months after intervention

Method of measurement

digital scales and standard meters

Secondary outcomes

1

Description

Measurement of blood pressure

Timepoint

Before and three months after intervention.

Method of measurement

sphygmomanometer in millimeters of mercury

Intervention groups

1

Description

Intervention group: 2 pills containing 250 mg turmeric total extract for 3 months

Category

Treatment - Drugs

2

Description

control group: 2 pills containing 250 mg starch for 3 months

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

The Clinics of Tabriz University Of Medical Sciences

Full name of responsible person

Dr. Alireza Ostadrahimi

Street address

Tabriz University Of Medical Sciences

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Nutrition Scirnces Reaserch Center, Tabriz University Of Medical Sciences

Full name of responsible person

Dr. Alireza Ostadrahimi

Street address

Faculty of Nutrition, Tabriz University of Medical Sciences

City

Tabriz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Nutrition Scirnces Reaserch Center, 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

Faculty of Nutrition, Tabriz University of Medical Sciences

Full name of responsible person

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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