

# 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)

##### Phone

+98 41 1335 7580

##### 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**

Tabriz

## 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**

Fereshteh Ashrafnejad Asl

**Position**

MSc student in Nutrition

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

Faculty of Nutrition, Tabriz University of Medical

Sciences

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ashrafnejadf@yahoo.com

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## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Faculty of Nutrition, Tabriz University of Medical Sciences

**Full name of responsible person**

Dr. Alireza Ostadrahimi

**Position**

Associate professor in Nutrition

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**Web page address**

## Person responsible for updating data

#### Contact

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Faculty of Nutrition, Tabriz University of Medical Sciences

**Full name of responsible person**

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MSc student in Nutrition

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## **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*