

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of probiotic fermented milk on lipid profile, blood glucose, and hs-CRP levels in diabetic patients.

Protocol summary

Summary

Object: Determination the effect of probiotic fermented milk on lipid profiles, serum level of glucose and hs-CRP diabetic patients. Inclusion criteria: Person with diabetes, Ages 30 to 60 years. Exclusion criteria: not using cholesterol lowering drugs, not using anti inflammatory drugs, not using insulin therapy. 60 persons total(30 persons for each group). Intervention: probiotic fermented milk and current fermented milk. Duration of intervention: 2 months. The primary outcome or study outcoms: improvment of blood glucose level, lipid profile and hs-CRP level.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201307092017N14**

Registration date: **2013-09-07, 1392/06/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-09-07, 1392/06/16

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

Tabriz University of Medical Sciences & Tabriz University

Expected recruitment start date

2011-04-18, 1390/01/29

Expected recruitment end date

2012-03-19, 1390/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of probiotic fermented milk on lipid profile, blood glucose, and hs-CRP levels in diabetic patients.

Public title

Effect of probiotic fermented milk on lipid profile, blood glucose, and hs-CRP levels in diabetic patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: person with diabetes and aged between 30 to 60 years old. Exclusion criteria: not using cholesterol lowering drugs; not using anti inflammatory drugs; and not using insulin therapy.

Age

From **30 years** old to **60 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**

Not used

Assignment

Parallel

Other design features

There are two groups in this study. one group will consume probiotic fermented milk and other group will consume current fermented milk

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tabriz university of medical sciences- Research vice chancellor

Street address

Tabriz university of medical sciences

City

Tabriz

Postal code**Approval date**

2011-04-18, 1390/01/29

Ethics committee reference number

9287

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

Diabetes mellitus

ICD-10 code

E11

ICD-10 code description

Diabetes mellitus

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

lipid profiles

Timepoint

before intervention, 2 months after intervention

Method of measurement

By Laboratory kit

2**Description**

blood glucose level

Timepoint

before intervention, 2 months after intervention

Method of measurement

by Laboratory kit

3**Description**

hs-CRP

Timepoint

before intervention- 2 months after intervention

Method of measurement

By Laboratory Kit

Secondary outcomes

empty

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

Probiotic fermented milk (600 ml/day) duration of intervention: 8 weeks

Category

Other

2**Description**

Current fermented milk (600 ml/day) duration of intervention: 8 weeks

Category

Other

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

Community support of patients with diabetes

Full name of responsible person

Dr. Majid Mobaseri

Street address**City**

Tabriz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Tabriz university of medical sciences

Full name of responsible person

Dr. Alireza Ostadrahimi

Street address

Tabriz- Faculty of nutrition

City

Tabriz

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz university of medical sciences
Proportion provided by this source
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

2

Sponsor

Name of organization / entity
Tabriz University
Full name of responsible person
Dr. Akabar Taghizadeh
Street address
faculty of agriculture
City
Tabriz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz University
Proportion provided by this source
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
Nazila Farrin
Position
Ph.D student of nutrition sciences
Other areas of specialty/work
Street address
Tabriz- faculty of nutrition
City
Tabriz
Postal code

Phone
+98 41 1335 7580
Fax
Email
nazilafarrin@gmail.com
Web page address

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
MD. Ph.D of nutrition sciences
Other areas of specialty/work
Street address
Tabriz- Tabriz university of medical sciences, Faculty of nutrition
City
Tabriz
Postal code
Phone
+98 41 1335 7580
Fax
Email
ostadrahimi@tbzmed.ac.ir
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Faculty of Nutrition, Tabriz University of Medical Sciences
Full name of responsible person
Nazila Farrin
Position
Ph.D student of nutrition sciences
Other areas of specialty/work
Street address
Tabriz- Tabriz university of medical sciences, Faculty of nutrition
City
Tabriz
Postal code
Phone
+98 41 1335 7580
Fax
Email
nazilafarrin@gmail.com
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