

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Evaluation of the effect of oral administration of vitamins C, E, D on blood glucose and lipids levels in patients with type 2 diabetes

Protocol summary

Summary

The study aimed to determine the effect of Vitamins are C, E and D. The level of blood glucose and lipids in patients with type II diabetes is Key inclusion criteria: Patients with diabetes are not phenomena Passing at least three years of diagnosis Diabetes two of them openly, aged 25 to 60 years and Quit criteria included: Lack of developing heart disease, no disease is renal disease. The clinical trial will be conducted on 160 patients with diabetes and method of choice samples will be available for sampling. Patients were randomized into four groups (3 groups, each receiving one of Vitamins C, E and D and a control group receiving vitamin) Immediately before the experiments are useful food supplements Fast Blood Sugar, Creatinine, Blood Urea Nitrogen, Triglyceride, Low _Density Lipoprotein, High _Density Lipoprotein, Total Cholesterol, 2 Hours Post Prandial Blood Sugar and Urine Analysis all patients will be assessed. This means that patients in groups catch vitamin supplements, in addition to medications (eg, metformin) of vitamin D (50,000 IU orally, every week), E (capsules 400 mg daily), C (1000 tablets mg, 1 day) for 6 weeks received and the fourth group received medication only wants. After 6 weeks of treatment, all the above mentioned tests will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014071918532N1**
Registration date: **2015-03-26, 1394/01/06**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-03-26, 1394/01/06

Registrant information

Name

Tayebeh Mahvar

Name of organization / entity

Kermanshah University of Medical Sciences

Country

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Phone

+98 38270662

Email address

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Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences and Diabetes Research Center

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2015-05-22, 1394/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of oral administration of vitamins C, E, D on blood glucose and lipids levels in patients with type 2 diabetes

Public title

The effect of vitamins C, E, D on blood lipids and glucose levels in patients with type 2 diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: consciousness, ability to answer questions; That have not diabetic patients have

complications from diabetes; almost three years
Diagnosis them openly; aged 25 to 60. Exclusion criteria
from the study: Unwillingness of the patient; not having
kidney disease; Death.

Age

From **25 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **160**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kermanshah University of Medical Sciences

Street address

Number 2 building, Kermanshah University of Medical
Sciences, Shahid Beheshti Bulevared, Kermanshah,
Iran

City

Kermanshah

Postal code

6714673139

Approval date

2014-06-06, 1393/03/16

Ethics committee reference number

23463

Health conditions studied

1

Description of health condition studied

diabetes type 2

ICD-10 code

E11.9

ICD-10 code description

Non-insulin-dependent diabetes mellitus without
complications

Primary outcomes

1

Description

Fast Blood Sugar

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

2

Description

Creatinine

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

3

Description

High density lipoprotein

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

4

Description

Triglyceride

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

5

Description

Low density lipoprotein

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

6

Description

Total Cholesterol

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

7

Description

2 Hours Post Prandial Blood Sugar

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

8

Description

Urine Analysis

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

9

Description

Blood Urea Nitrogen

Timepoint

after intervention- before 6 weeks intervention

Method of measurement

forms

Secondary outcomes

1

Description

Renal failure

Timepoint

after of 6 weeks

Method of measurement

Urine Analysis, Creatinine, blood urea nitrogen

Intervention groups

1

Description

vitamin D, oral tablet 50000 unit once weekly, for 6 weeks

Category

Treatment - Drugs

2

Description

vitamin C, oral tablet 1000 mg daily I, for 6 weeks

Category

Treatment - Drugs

3

Description

controls, Without intervention

Category

N/A

4

Description

vitamin E, oral capsule 400 mg daily I, for 6 weeks

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Center for Diabetes Research, Kermanshah University of Medical Sciences

Full name of responsible person

Samaneh Rezaei

Street address

Center for Diabetes Research, Shahid Beheshti Boulevard, Kermanshah University of Medical Sciences

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Farid Najafi

Street address

Building number 2, Vice Chancellor for Research and Technology, Kermanshah University of Medical Sciences

City

Kermanshah

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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

Center for Diabetes Research, Kermanshah University of Medical Sciences

Full name of responsible person

Samaneh Rezaei

Position

master of nursing

Other areas of specialty/work

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Position

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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