Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 Nitorogen, 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

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Name of organization / entity
Kermanshah University of Medical Sciences

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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 Nitorogen
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
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master of nursing
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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