Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of Cuminum cyminum extract, Resvin and Vitamin C on Antioxidant parameters, Lipids profile , Ghrelin and several biochemical indices in type 2 Diabetic patients

Protocol summary

Summary

In this double blind clinical trial study, both the investigator or the participant are blind to the nature of the treatment, the participant is receiving . 160 patients from Isfahan diabetes clinic after interview and completing satisfaction's form and according to the entry and exit criteria (Entrance scale: diabetics and range of age 30 up to 50/ Exit scale: smoking, having the underlying disease and other metabolic disorders, alcohol consumption, consumption of other supplements and drugs)will be selected and will be divided to four groups, randomly. All patients during the study,will consume their prescribed drug (Metformin) according to the routine procedure , the first group will receive the extract of Cumin, second group will receive the Rezvin supplement and third group will receive Vitamin c. Fourth group as control group will receive placebo (oral gelatin capsules). At the beginning of the study and after 60 days (consuming supplements in each group) , from all groups participants , 10 CC of venous blood in fasting status will be taken. On samples, FBS beside tests for Lipid profile, Apo A , Apo B, Gamma glutamyl transferase, Iron ,HBA1c, Glutathione peroxidase, Superoxide dismutase, Glutathione reductase, and Xanthine oxidase, Ghrelin, Paraoxonase, Total antioxidant capacity , MDA, Glutathione will be measured. We hope with affirmation of the assumptions,we could see an improvement by using natural antioxidant supplements and herbal products to deal with the destructive effects of Free radicals and oxidative stress in Diabetic patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014100619420N1**
Registration date: **2014-11-21, 1393/08/30**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-11-21, 1393/08/30

Registrant information

Name

Mohammad Hosein Gharib

Name of organization / entity

Shahrekord University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 31 3661 9867

Email address

mohogharib@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Shahrekord University of Medical Science

Expected recruitment start date

2014-11-06, 1393/08/15

Expected recruitment end date

2015-01-20, 1393/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Cuminum cyminum extract, Resvin and Vitamin C on Antioxidant parameters, Lipids profile , Ghrelin and

several biochemical indices in type 2 Diabetic patients

Public title
Effect of Cuminum cyminum extract, Resvin and Vitamin C in type 2 Diabetic patients
Purpose
Other
Inclusion/Exclusion criteria
inclusion criteria:Diabetic patient, range of age 30 up to 50 exclusion criteria :smoking, alcoholic patient,have another metabolic or outline disease; use of other drugs or supplements
Age
From **30 years** old to **50 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)
Double blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Morals committee of Shahrekord University of Medical Science
Street address
Morals committee of Shahrekord University of Medical Science, Shahrekord University of Medical Science, Rahmatieh, Shahrekord
City
Shahrekord
Postal code
8815713471
Approval date
2014-09-23, 1393/07/01
Ethics committee reference number
1393-8-29

Health conditions studied

1

Description of health condition studied
Diabetics type 2
ICD-10 code
E11
ICD-10 code description
Non insulin dependent diabetes mellitus

Primary outcomes

1

Description
Total antioxidant capacity
Timepoint
before intervention and 2 month after intervention
Method of measurement
blood analysis

2

Description
Ghrelin
Timepoint
before intervention and 2 month after intervention
Method of measurement
blood analysis

Secondary outcomes

1

Description
Cholestrol
Timepoint
before intervention and 2 month after intervention
Method of measurement
blood analysis

2

Description
Glucose
Timepoint
before intervention and 2 month after intervention
Method of measurement
blood analysis

3

Description
Triglyceride
Timepoint
before intervention and 2 month after intervention
Method of measurement
blood analysis

4

Description
HDL
Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

5

Description

LDL

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

6

Description

Apo A

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

7

Description

Apo B

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

8

Description

Fe

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

9

Description

Weight

Timepoint

before intervention and 2 month after intervention

Method of measurement

standard scale

10

Description

Blood pressure

Timepoint

before intervention and 2 month after intervention

Method of measurement

standard barometer

11

Description

HbA1c

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

12

Description

Gamma glutamyl transferase

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

13

Description

Paraoxonase

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

14

Description

Superoxide dismutase

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

15

Description

Glutathione peroxidase

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

16

Description

Xanthine oxidase

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

17

Description

Glutathione reductase

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

18

Description

Glutathione

Timepoint

before intervention and 2 month after intervention

Method of measurement

blood analysis

19

Description
MDA
Timepoint
before intervention and 2 month after intervention
Method of measurement
blood analysis

Intervention groups

1

Description
Intervention group: Cumin extract, 15 mg/kg/day, oral, during 60days
Category
Treatment - Drugs

2

Description
Intervention group: Rezvin, 10mg/kg/day, oral, during 60 days
Category
Treatment - Drugs

3

Description
Intervention group: VitC, 500 mg/day, oral, during 60 days
Category
Treatment - Drugs

4

Description
control group: Placebo, one Capsule per day, oral, during 60 days
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahrekord University of Medical Science
Full name of responsible person
Mohammad Hosein Gharib
Street address
Shahrekord University of Medical Science, Rahmatieh, Shahrekord
City
Shahrekord

2

Recruitment center
Name of recruitment center
Diabetic polyclinic
Full name of responsible person
Mohammad Mirzaei
Street address
Diabetic polyclinic, Chahar bagh bala, Isfahan
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Shahrekord University of Medical Science
Full name of responsible person
Keyhan Ghatreh
Street address
Vice chancellor for research, Shahrekord University of Medical Science, Rahmatieh, Shahrekord
City
Shahrekord
Grant name
Grant code / Reference number
1393-01-87-2199
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research of Shahrekord University of Medical Science
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
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Full name of responsible person
Mohammad Hosein Gharib
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Person responsible for updating data

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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