

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation effect of Black and Green tea consumption on Salivary PH

Protocol summary

Summary

Objective: detection effect of Black tea and Green tea consumption on salivary PH. This analytical study is Clinical Trial. Inclusion criteria: 20-22 Years old healthy people who have consent to enter the study. People with a history of black tea consumption. Exclusive criteria: systemic disease, acute or chronic infection and dental or periodontal abscess, salivary gland disorders, history of radiation therapy, smoking, addiction, pregnancy. The statistical population consisted of 50 volunteers from Zahedan Dental School students. In this study, all volunteers will be invited to consume black tea on the first day and after collecting saliva samples (in the manner described below), it will be replaced with Green tea (3-4 cups per day) and after that, in the second day before and after consuming Green tea samples will be collected again. For sampling, on the first day (8-9 A.M) we will ask each volunteer, before consuming Black tea, trickle their unstimulated saliva into the test tubes through his lower lip within 3 minutes and every 60 seconds (in seated position) and after half an hour recollect the samples 1, 5 and 10 minutes after ingestion of 250 ml Black tea without any sweetener in separate tubes (For each volunteer, test tubes numbered 1 to 4) and it will be transferred to laboratory to evaluate salivary PH. Then ask volunteers to replace Black tea with Green tea on that day. On the second day (8-9 A.M) we will ask each volunteer, before consuming Green tea, trickle their unstimulated saliva into the test tubes through his lower lip within 3 minutes and every 60 seconds (in seated position) and after half an hour recollect the samples 1, 5 and 10 minutes after ingestion of 250 ml Green tea without any sweetener in separate tubes (For each volunteer, test tubes numbered 1 to 4) and it will be transferred to laboratory to evaluate salivary PH. In the laboratory amount of salivary pH will be measured by digital PH-meter.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014102119599N2**

Registration date: **2014-12-13, 1393/09/22**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-12-13, 1393/09/22

Registrant information

Name

Masoumeh Shirzai

Name of organization / entity

School of Dentistry, Zahedan

Country

Iran (Islamic Republic of)

Phone

+98 54 1242 9483

Email address

dr.shirzai@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Zahedan University of Medical Sciences

Expected recruitment start date

2015-01-28, 1393/11/08

Expected recruitment end date

2015-02-27, 1393/12/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation effect of Black and Green tea consumption on Salivary PH

Public title

Comparison of the effect of Black and Green tea consumption on Dental and Oral Health

Purpose

Other

Inclusion/Exclusion criteria

20-22 Years old healthy people who have consent to enter the study. People with a history of black tea consumption. Exclusion criteria: systemic disease, history of drug use in the past 3 months, acute /chronic dental or periodontal abscess, salivary gland disorders, such as Sjogren's, stones, infection, malignancy, history of radiation therapy, smoking, drugs, pregnancy, and the use of intraoral appliances such as orthodontic appliances

Age

From **20 years** old to **22 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Zahedan University of Medical Sciences

Street address

Hesabi.Sq

City

Zahedan

Postal code

Approval date

2014-09-28, 1393/07/06

Ethics committee reference number

93/4/1223

Health conditions studied

1

Description of health condition studied

Dental caries

ICD-10 code

K02.0

ICD-10 code description

Caries limited to enamel

Primary outcomes

1

Description

Salivary PH

Timepoint

Before tea consumption and 1, 5 and 10 minutes after tea consumption

Method of measurement

by PH meter

Secondary outcomes

empty

Intervention groups

1

Description

Consumption 250 ml infused Zarin Green tea (Ceylon London)

Category

N/A

2

Description

Consumption 250 ml infused Zarin Black tea (Ceylon London)

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Dentistry, Zahedan

Full name of responsible person

Vahid Moradi Lar

Street address

City

Gachsaran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Zahedan University of Medical Sciences

Full name of responsible person

Hamidreza Mahmoodzade Sagheb

Street address

Zahedan University of Medical Sciences, Faculty of Medicine, Department of Histology

City

Zahedan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Zahedan 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**

School of Dentistry, Zahedan

Full name of responsible person

Dr.Masoumeh Shirzai

Position

Assistant Professor, Board Oral Disease

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

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

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Full name of responsible person

Dr.Masoumeh Shirzai

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Person responsible for updating data

Contact**Name of organization / entity**

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Full name of responsible person

Vahid Moradi Lar

Position

Student

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vahid_moradi6666@hotmail.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