

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

24 Jun 2026

### Effect of garlic on liver function, sonographic findings and body composition in patients with Non-Alcoholic Fatty Liver Disease

#### Protocol summary

paknahad@hlth.mui.ac.ir

##### Summary

The aim of this study is effects of Garlic on liver enzymes ,body composition and sonographic findings in patients with Non-Alcoholic Fatty Liver Disease. In this randomized, double blind trial,100 patients suffering from fatty liver disease will be selected among patients referring to Endocrinology and Metabolism Research Center in Isfahan , and will be assigned into intervention or control group. Exclusion criteria are pregnancy; breast feeding; alcohol; other liver diseases; diet or treatment for fatty liver in 3 month past; autoimmune diseases and cancers. At the beginning and end of the study, blood levels of alanin aminotranspherase and aspartat aminotranspherase, body composition and ultra sonography will be taken.

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University of Medical Sciences

##### Expected recruitment start date

2014-11-22, 1393/09/01

##### Expected recruitment end date

2014-12-22, 1393/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Scientific title

Effect of garlic on liver function, sonographic findings and body composition in patients with Non-Alcoholic Fatty Liver Disease

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014110819853N1**

Registration date: **2014-12-18, 1393/09/27**

Registration timing: **registered\_while\_recruiting**

##### Public title

Effect of garlic on patients with Non-Alcoholic Fatty Liver Disease

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria :60> age >20;serum level of alanin aminotranspherase and aspartat aminotranspherase more than 40; fatty liver on ultra sound. exclusion criteria : pregnancy; breast feeding; alcohol; other liver diseases; diet or treatment for fatty liver in 3 month past; autoimmune diseases and cancers.

Last update:

Update count: **0**

##### Registration date

2014-12-18, 1393/09/27

##### Registrant information

##### Name

Zamzam Paknahad

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3792 3166

##### Email address

##### Age

From **20 years** old to **60 years** old

##### Gender

Both

##### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: **100**

## 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

Isfahan University of Medical Sciences

##### Street address

Hezar Jarib Street

##### City

Isfahan

##### Postal code

8174673461

#### Approval date

2014-11-22, 1393/09/01

#### Ethics committee reference number

393637

## Health conditions studied

### 1

#### Description of health condition studied

non-alcoholic fatty liver disease

#### ICD-10 code

K76.0

#### ICD-10 code description

Fatty (change of) liver, not elsewhere classified

## Primary outcomes

### 1

#### Description

ALT

#### Timepoint

before and 15 weeks after intervention

#### Method of measurement

photometric

### 2

#### Description

AST

#### Timepoint

before and 15 weeks after intervention

#### Method of measurement

photometric

### 3

#### Description

The severity of fatty liver

#### Timepoint

before and 15 weeks after intervention

#### Method of measurement

ultrasound

## Secondary outcomes

### 1

#### Description

body composition

#### Timepoint

before and 3 month of intervention

#### Method of measurement

instrument body composition

### 2

#### Description

FBS

#### Timepoint

before and 3 month of intervention

#### Method of measurement

photometric

## Intervention groups

### 1

#### Description

Intervention group: Garlic Tab 400 mg 2 times in day for 15 weeks (each tablet contains 1500 microgram allicin)

#### Category

Treatment - Drugs

### 2

#### Description

Control groups: tablet of starch. 2 times per day for 15 weeks

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

Name of recruitment center

Endocrinology & Metabolism Research Institute  
**Full name of responsible person**  
Paknahad  
**Street address**  
Khoram Street  
**City**  
Isfahan

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Isfahan University Of Medical Sciences  
**Full name of responsible person**  
Gholamreza Askari  
**Street address**  
Hezar Jarib Street  
**City**  
Isfahan  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Isfahan 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**  
Isfahan University of Medical Sciences  
**Full name of responsible person**  
Paknahad  
**Position**  
Ph.D of Nutrition Sciences  
**Other areas of specialty/work**  
**Street address**  
Hezar Jarib Street  
**City**  
Isfahan  
**Postal code**  
**Phone**  
+98 31 3792 2784  
**Fax**  
+98 31 3668 2509  
**Email**  
paknahad@hlth.mui.ac.ir  
**Web page address**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Isfahan University of Medical Sciences  
**Full name of responsible person**  
Paknahad  
**Position**  
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## Person responsible for updating data

#### Contact

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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*