Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

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

Protocol summary

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.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT2014110819853N1**
Registration date: **2014-12-18, 1393/09/27**
Registration timing: **registered_while_recruiting**

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)
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+98 31 3792 3166
Email address
paknahad@hlth.mui.ac.ir

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

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

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.
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 Sicences
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
befor and 3 month of intervention
Method of measurement
instrument body composition

2

Description
FBS
Timepoint
befor 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
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Position
Ph.D of Nutrition Sciences

Other areas of specialty/work

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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