

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Aug 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 aminotransferase and aspartat aminotransferase, 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)

Phone

+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 aminotransferase and aspartat aminotransferase 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 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
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Person responsible for scientific inquiries

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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