

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

The effect of honey consumption compared with sucrose on cardiovascular risk factors in young healthy people

Protocol summary

Summary

The aim of this study is investigation of the effect of honey consumption compared with sucrose on cardiovascular risk factors in healthy subjects. Sixty healthy subjects consumed honey (70 g/day) or sucrose (70 g/day) for a month after being randomized in a double blind manner. Participants were included in the study if they were aged 18-30 years old; healthy; male; non-athletic and non-smoker. Exclusion criteria were included: subjects that consumed a substantial amount of honey daily or took any sort of medication or changed their diet. Venous blood samples for determination of indicators were taken at the beginning & end of the intervention. Each participant filled physical activity questionnaire and food record at the beginning and end of the study.

General information

Acronym

The effect of honey on cardiovascular risk factors

IRCT registration information

IRCT registration number: **IRCT2014111519966N1**

Registration date: **2014-11-30, 1393/09/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-11-30, 1393/09/09

Registrant information

Name

Hamid Rasad

Name of organization / entity

Isfahan University of Medical Science

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Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Research Deputy of Isfahan University of Medical Sciences

Expected recruitment start date

2014-01-10, 1392/10/20

Expected recruitment end date

2014-02-09, 1392/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of honey consumption compared with sucrose on cardiovascular risk factors in young healthy people

Public title

The effect of honey consumption compared with sucrose on cardiovascular risk factors in young healthy people

Purpose

Prevention

Inclusion/Exclusion criteria

Participants were included in the study if they were aged 18-30 years old; healthy; male; non-athletic and non-smoker. Exclusion criteria were included: subjects that consumed a substantial amount of honey daily or took any sort of medication or changed their diet.

Age

From **18 years** old to **30 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization include: Intervention and control group were randomly coded by someone outside the research team and the research team do not know the type of supplement. The statistical analysis is unaware of the type of intervention and at the end of the project the final report will determine the type of intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar jerib Ave.

City

Isfahan

Postal code

8169734531

Approval date

2013-05-08, 1392/02/18

Ethics committee reference number

392569

Health conditions studied

1

Description of health condition studied

Cardiovascular disease

ICD-10 code

I00-I99

ICD-10 code description

Diseases of the circulatory system

Primary outcomes

1

Description

Fasting blood glucose and lipid profile

Timepoint

Before & after 30 days intervention

Method of measurement

Blood tests

Secondary outcomes

1

Description

Systolic and diastolic blood pressure

Timepoint

Before & after 30 days intervention

Method of measurement

Mercurial pressure gauge

2

Description

Body composition

Timepoint

Before & after 30 days intervention

Method of measurement

Body composition analyser

3

Description

Anthropometric measurements

Timepoint

Before & after 30 days intervention

Method of measurement

Standard methods

Intervention groups

1

Description

Subjects in intervention group will consume 70 grams honey solved in 250 milliliters tap water

Category

Prevention

2

Description

Subjects in control group will consumed 70 grams sucrose solved in 250 milliliters tap water

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Dormitories of Isfahan University of Medical Sciences

Full name of responsible person

Dr. Mohammad Hasan Entezari

Street address

Faculty of Nutrition and Food Sciences, Isfahan
University of Medical Sciences, Hezarjerib Ave.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of Isfahan University of Medical
Sciences

Full name of responsible person

Dr. Peyman Adibi

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Isfahan University of Medical Sciences, Hezarjarib St,
Isfahan Isfahan, Iran

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Isfahan

Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Research Deputy of 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

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Full name of responsible person

Hamid Rasad

Position

Student

Other areas of specialty/work

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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