Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

Country

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
IOO-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. Mohamma Hasan Entezari
Street address
Faculty of Nutrition and Food Sciences, Isfahan University of Medical Sciences, Hezar jerib Ave.
City
Isfahan

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
Street address
Isfahan University of Medical Sciences, Hezarjarib St, Isfahan Isfahan, Iran
City
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
Isfahan University of Medical Sciences
Full name of responsible person
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Person responsible for scientific inquiries

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Person responsible for updating data

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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