

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Determine the effect of aloe vera on some indicators of cell damage after a period of aerobic exercise in male athletes,15-18 years

Protocol summary

Summary

Goal: This study aimed to determine the effect of aloe vera on some indicators of cell damage after a period of aerobic exercise. Design: the study population included male athletes, 18-15 years Shahrekord, accessible population consisted of 100 students Emam Ali College of Physical Education Shahrekord. Of these students, 20 students health and athlete with the mean weight was 64.85 ± 0.51 and height was 172.05 ± 6.4 size are selected on a voluntary basis. How to do: subjects were randomly divided into 2 groups of 10 people of Supplement (n = 10) and placebo (10 people). Inclusion criteria: participants aged 15 to 18 years, athlete, health. Exclusion criteria of the study participants included: people has diseases, consumption supplement. Interventions: Aerobic training performe for 4 weeks, In the supplemented group were taking 3 capsules, each capsule contains 2 grams of dried Aloe Vera and placebo group are taking 3 capsules containing Dextrin daily. Main outcome variables: Our primary outcome variable are ndexs of cell injury markers CK, LDH and CRP

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015040521614N1**

Registration date: **2015-05-24, 1394/03/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-24, 1394/03/03

Registrant information

Name

Mehdi Lotfipour

Name of organization / entity

Shahid Rajaei Teacher Training Tehran University

Country

Iran (Islamic Republic of)

Phone

+98 38 1222 9032

Email address

rudkhunehbarfi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Ministry of Education

Expected recruitment start date

2013-05-22, 1392/03/01

Expected recruitment end date

2013-06-05, 1392/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determine the effect of aloe vera on some indicators of cell damage after a period of aerobic exercise in male athletes,15-18 years

Public title

Determine the effect of aloe vera on some indicators of cell damage after a period of aerobic exercise in male athletes,15-18 years

Purpose

Treatment

Inclusion/Exclusion criteria

The main conditions for study: male athletes:healthy: aged 15 to 18 years old. The main conditions exit from study: the subjects use the supplement

Age

From **15 years** old to **17 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 20

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shahid Rajae Teacher Training Tehran University
Ethics Committee

Street address

Shahid Rajae Teacher Training Tehran University,
Shabanlu street, Lavizan street, Tehran

City

Tehran

Postal code

-

Approval date

2013-01-20, 1391/11/01

Ethics committee reference number

38146

Health conditions studied**1****Description of health condition studied**

cell damage

ICD-10 code

M60.8

ICD-10 code description

Other myositis

Primary outcomes**1****Description**

ck

Timepoint

Pre and post 4 weeks exercise

Method of measurement

Blood samples were collected 24 hours before and after
each test Cooper pre and post 4 weeks exercise

2**Description**

LDH

Timepoint

4 week

Method of measurement

Blood samples were collected 24 hours before and after
each test Cooper pre and post 4 weeks exercise

Secondary outcomes**1****Description**

Crp

Timepoint

Pre and post 4 weeks exercise

Method of measurement

Blood samples were collected 24 hours before and after
each test Cooper pre and post 4 weeks exercise

Intervention groups**1****Description**

Then aerobic training is conducted for 4 weeks in the
supplemented group were taking 3 capsules, incapsule
contains 2 grams of dried Aloe Vera daily

Category

Treatment - Drugs

2**Description**

Then aerobic training is conducted for 4 weeks in the
placbo group are taking 3 capsules, incapsule contains 2
grams of Dextrin daily

Category

Placebo

Recruitment centers**1****Recruitment center****Name of recruitment center**

Emam Ali school

Full name of responsible person

Mehdi Lotfipour

Street address

Moalem Street, Abuzar Street, Shahrekord

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shahid Rajae Teacher Training University

Full name of responsible person

Said Oliyae

Street address

Shahid Rajae Teacher Training University, Shabanlu street, Lavizan street, Tehran.

City

Tehran

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice chancellor for research, Shahid Rajae Teacher Training University

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**

Ministry of Education

Full name of responsible person

Mehdi Lotfipour

Position

Ms physiology exercise

Other areas of specialty/work**Street address**

74 Number, West Saadi street, 83 street, Shahrekord

City

Shahrekord

Postal code**Phone**

+98 38 1222 9032

Fax**Email**

rudkhunehbarfi@yahoo.com

Web page address

Person responsible for scientific

inquiries

Contact**Name of organization / entity**

Ministry of Education

Full name of responsible person

Mehdi Lotfipour

Position

Ms physiology exercise

Other areas of specialty/work**Street address**

74 Number, West Saadi street, 83 street, Shahrekord

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Web page address

Person responsible for updating data

Contact**Name of organization / entity**

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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