

# 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  $64.85 \pm 0.51$  and height was  $172.05 \pm 6.4$  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 performed 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 indexes 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**

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**City**

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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*