

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Study on effects of *Salvia officinalis* L. leaf extract in treatment of hyperlipidemic type 2 diabetic patients

Protocol summary

Summary

Objective: Study on effects of *Salvia officinalis* L. leaf extract in treatment of hyperlipidemic type 2 diabetic patients. Study population: Hyperlipidemic type 2 diabetic patients attending the diabetes clinic. Sample size: 60 patients. Inclusion criteria: Iranian male and female type 2 diabetic outpatients, patients aged 40 to 60 years, patients with fasting serum glucose levels from 150 mg/dL to 200 mg/dL, patients with blood HbA1c levels from 7% to 9% despite taking two 5 mg glyburide tablets and two 500 mg metformin tablets every day, patients using two 5 mg glyburide tablets and two 500 mg metformin tablets every day, patients with fasting serum LDL levels from 100 mg/dL to 150 mg/dL and/or patients with fasting triglyceride levels from 200 mg/dL to 300 mg/dL. Exclusion criteria: Patients taking other anti-hyperglycemic and anti-hyperlipidemic agents, patients receiving insulin, patients with cardiac, renal, hepatic, hematological diseases, hypothyroidism, tachycardia, vertigo and seizure, patients with a history of gallstones or gall bladder surgery, patients using estrogen, steroid, beta-blocker and thiazide, pregnant women, women planning pregnancy, breast-feeding women. Intervention: The sage leaf extract is administered to a group of about 30 patients at the dose of one 500 mg capsule every 8 hours for 3 months and one placebo capsule is administered to another group of about 30 patients every 8 hours for 3 months. At the end of the study, the blood levels of fasting glucose, glycosylated hemoglobin, lipids, creatinine and hepatic enzymes of the patients in the drug group and the placebo group are determined and compared with each other.

General information

Acronym

SESOTHT2DP

IRCT registration information

IRCT registration number: **IRCT201212112288N6**

Registration date: **2012-12-19, 1391/09/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-12-19, 1391/09/29

Registrant information

Name

Saeed Kianbakht

Name of organization / entity

Iranian Academic Center for Education, Culture and Research Institute of Medicinal Plants

Country

Iran (Islamic Republic of)

Phone

+98 26147640109

Email address

kianbakht@imp.ac.ir

Recruitment status

Recruitment complete

Funding source

Institute of Medicinal Plants affiliated with ACECR

Expected recruitment start date

2009-04-21, 1388/02/01

Expected recruitment end date

2013-01-19, 1391/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study on effects of *Salvia officinalis* L. leaf extract in treatment of hyperlipidemic type 2 diabetic patients

Public title

Study on effects of sage in treatment of hyperlipidemic type 2 diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Iranian male and female type 2 diabetic outpatients, patients aged 40 to 60 years, patients with fasting serum glucose levels from 150 mg/dl to 200 mg/dl, patients with blood HbA1c levels from 7% to 9% despite taking two 5 mg glyburide tablets and two 500 mg metformin tablets every day, patients using two 5 mg glyburide tablets and two 500 mg metformin tablets every day, patients with fasting serum LDL levels from 100 mg/dL to 150 mg/dL and/or patients with fasting serum triglyceride levels from 200 mg/dL to 300 mg/dL. Exclusion criteria: Patients taking other anti-hyperglycemic and anti-hyperlipidemic agents, patients receiving insulin, patients with cardiac, renal, hepatic, hematological diseases, hypothyroidism, tachycardia, vertigo and seizure, patients with a history of gallstones or gall bladder surgery, patients using estrogen, steroid, beta-blocker and thiazide, pregnant women, women planning pregnancy, breast-feeding women.

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

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

Triple blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Diabetes Research Center affiliated with Tehran University of Medical Sciences

Street address

Diabetes Research Center, Shariatee Hospital, Kargare Shomalee Avenue

City

Tehran

Postal code

6543271890

Approval date

2009-08-10, 1388/05/19

Ethics committee reference number

8153

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

Diabetes mellitus

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

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

Fasting glucose serum level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

2**Description**

Glycosylated hemoglobin blood level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

3**Description**

Serum LDL-C level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

4**Description**

Serum triglyceride level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

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

Serum total cholesterol level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

2

Description

Serum HDL-C level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

3

Description

Serum creatinine level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

4

Description

Serum SGOT level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

5

Description

Serum SGPT level

Timepoint

3 months

Method of measurement

Medical laboratory (kit)

Intervention groups

1

Description

Sage leaf extract at the dose of one 500 mg capsule every 8 hours in addition to daily two 5 mg glyburide tablets and two 500 mg metformine tablets are administered to a group of about 30 patients for 3 months.

Category

Treatment - Drugs

2

Description

One placebo capsule every 8 hours in addition to daily two 5 mg glyburide tablets and two 500 mg metformine tablets are administered to a group of about 30 patients for 3 months.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes clinic

Full name of responsible person

Dr. Behrouz Abasi Alae

Street address

Number 448, Street Bareghan, Square Azadegan

City

Karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Jahade Daneshgahi

Full name of responsible person

Haji Tarverdi

Street address

Jahade Daneshgahi, Enghelab St.

City

Tehran

Grant name

1558-33

Grant code / Reference number

1558-33

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

Yes

Title of funding source

Jahade Daneshgahi

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

Institute of Medicinal Plants affiliated with the ACECR

Full name of responsible person

Dr. Saeed Kianbakht

Position

Ph.D. in pharmacology, assistant professor of the department of pharmacology and applied medicine in

Other areas of specialty/work

Street address

Institute of Medicinal Plants, Research Complex of the ACECR, End of Kavosh Boulevard, Kavosh Research Town, 55th Kilometer of Tehran-Gazvin Freeway

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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Person responsible for updating data

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Web page address

www.imp.ac.ir

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