Effect of Astaxanthin intake on expression of miR-146a and miR-126 in plasma, oxidative stress and inflammation markers and glycemic profile, compared with placebo in patients with type 2 diabetes mellitus

Protocol summary

Summary
Objectives: The aim of this study is to determine the effects of Astaxanthin on some of the oxidative stress and inflammation markers, and blood sugar in patients with type 2 diabetes. Design: This is a triple-blind clinical trial including 48 patients with type 2 diabetes, who are referred to endocrinology clinic at Golestan hospital and have been receiving oral treatments for glycemic control more than six months. Subjects will be followed for a period of 8 weeks on a voluntary manner. Blinding will be done for subjects and researchers and data monitoring committee. Setting, conduct and participants: 48 patients with type 2 diabetes, age 30 to 60 years, BMI 19 to 35 kg per square meter, and do not have a specific disease will be enrolled in this study. Patients will be randomly divided into two groups using random numbers table. Those patients who do not meet study requirements during the study will be excluded.

Interventions: The case group (included 24 patients) will receive 8 milligrams of Astaxanthin tablet daily and the control group (included 24 patients) will use placebo tablets with the same color and shape compared with Astaxanthin tablets for 8 weeks. To assess the dietary factors affecting the inflammatory condition in diabetic patients, the total amount of energy, macronutrients and micronutrients will be determined at the beginning and the end of the study. For this purpose three-day food questionnaire will be completed by the patients and will be evaluated. Finally data will be analyzed by N4 software. Patients’ weight will be measured with minimal clothes, without shoes by a digital scale. Main outcome measures: The main variables (consist of body fat percentage; blood pressure and biochemical parameters) will be measured and reported at the beginning and the end of the study, and will be compared with each other with appropriate statistical tests.
Scientific title
Effect of Astaxanthin intake on expression of miR-146a and miR-126 in plasma, oxidative stress and inflammation markers and glycemic profile, compared with placebo in patients with type 2 diabetes mellitus

Public title
Effect of astaxanthin intake in patients affected by type 2 diabetes mellitus

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: Willingness to participate in the study, age range between 30-60 years old, Body Mass Index range between 19 and 35 kg per m2, HbA1C more than seven, not to be affected by renal, liver, lung and autoimmune disease, normal thyroid status, patients who have received standard oral treatments for at least six months. Exclusion criteria: Failure to follow the study

Age
From 30 years old to 60 years old

Gender
Both

Phase
0

Groups that have been masked
No information

Sample size
Target sample size: 48

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
Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

Street address
Khuzestan, Ahvaz, Ahvaz Jundishapur University of Medical Sciences, Ethics Committee

City
Ahvaz

Postal code
61357-15794

Approval date
2015-07-25, 1394/05/03

Ethics committee reference number
1394.243.IRAJUMAS.REC

Health conditions studied

1

Description of health condition studied
Diabetes

ICD-10 code
E11,E12

ICD-10 code description
Non-insulin-dependent diabetes mellitus, Malnutrition-related diabetes mellitus

Primary outcomes

1

Description
FBS

Timepoint
at first and two months after intervention

Method of measurement
glucose enzymatic kit

2

Description
Fructosamine

Timepoint
at first and two months after intervention

Method of measurement
ELISA

3

Description
HDL

Timepoint
at first and two months after intervention

Method of measurement
spectrophotometer

4

Description
LDL

Timepoint
at first and two months after intervention

Method of measurement
spectrophotometer

5

Description
TG

Timepoint
at first and two months after intervention

Method of measurement
**Description**

IL6

**Timepoint**
at first and two months after intervention

**Method of measurement**
Elisa kit

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**Description**

Adiponectin

**Timepoint**
at first and 2 months after intervention

**Method of measurement**
ELISA

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**Secondary outcomes**
empty

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**Intervention groups**

1

**Description**
Using of food supplement contain 8 mg of Astaxanthin daily orally for 8-weeks Made in USA

**Category**
Treatment - Drugs

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2

**Description**
Use of a placebo pill containing starch and manufacture by Faculty of Pharmacy of Ahvaz Jundishapur University of Medical Sciences for 8-weeks

**Category**
Placebo

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**Recruitment centers**

1

**Recruitment center**

Name of recruitment center
Golestan Hospital Endocrinology Clinic

Full name of responsible person
Mehrnoush Zakerkish

Street address
Endocrinology Clinic, Golestan Hospital, Golestan Ave, Ahvaz, Khuzestan

City
Ahvaz

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**Sponsors / Funding sources**

1

**Sponsor**

Name of organization / entity
Vice chancellor for research, Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**
Mostafa Feghhi

**Street address**
Vice chancellor for research, Ahvaz Jundishapur University of Medical Science, Golestan Ave, Ahvaz, Khuzestan

City
Ahvaz

**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, Ahvaz Jundishapur 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

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**Person responsible for general inquiries**

**Contact**

Name of organization / entity
Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person
Nafiseh Shokri

Position
Phd Candidate of Nutrition Science

Other areas of specialty/work

Street address
Dept of Nutrition, School of Paramedical, Ahvaz Jundishapur University of Medical Science, Golestan Ave, Ahvaz, Khuzestan

City
Ahvaz

Postal code
8330

Phone
+98 61 3373 8330

Fax

Email
nafiseh.shokri@yahoo.com , shokri.n@ajums.ac.ir
**Person responsible for scientific inquiries**

**Contact**
- **Name of organization / entity**: Ahvaz Jundishapur University of Medical Sciences
- **Full name of responsible person**: Majid Mohammad Shahi
- **Position**: Professor assistant
- **Other areas of specialty/work**
- **Street address**: Dept of Nutrition, School of Paramedical, Ahvaz Jundishapur University of Medical Science, Golestan Ave, Ahvaz, Khuzestan
- **City**: Ahvaz
- **Postal code**:
- **Phone**: +98 61 3373 8330
- **Fax**:
- **Email**: shahi334@gmail.com
- **Web page address**

**Person responsible for updating data**

**Contact**
- **Name of organization / entity**: Ahvaz Jundishapur University of Medical Sciences
- **Full name of responsible person**: Nafiseh Shokri
- **Position**: Phd Candidate of Nutrition Science
- **Other areas of specialty/work**
- **Street address**: Dept of Nutrition, School of Paramedical, Ahvaz Jundishapur University of Medical Science, Golestan Ave, Ahvaz, Khuzestan
- **City**: Ahvaz
- **Postal code**:
- **Phone**:
- **Fax**:
- **Email**: nafiseh.shokri@yahoo.com
- **Web page address**

**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