Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of ferrous sulfate with ferrous sulfate and traditional medicine product (currant and pomegranate) effect on regulation of feritin in iron deficient women with normal hemoglobin

Protocol summary

Summary

Target: Comparison of ferrous sulfate with ferrous sulfate and traditional medicine product (currant and pomegranate) effect on regulation of ferritin in iron deficient women with normal hemoglobin. Design study: accidental and no blindness patient and researcher on the project. The intervention group will be compared with the control group. Inclusion criteria: Hemoglobin above 12, ferritin below 50 Exclusion criteria: cardiovascular disease; thyroid or renal or hepatic disease; use supplement or Iron; hormone therapy; AUB; GI bleeding; abnormal CRP; smoking; menopause; pregnancy; and the factors related to abnormal red blood cells. Intervention group will receive traditional product (currant and pomegranate) once a day at fast, plus ferrous sulfate up to three tablets per day. Control group will receive ferrous sulfate, up to three tablets per day. Follow up: every 3 month up to 9 month with control blood Tests, and monthly by phone. Major outcome: the main outcome of the project is modified ferritin. Measurement of CBC, CRP every three months, and on three occasions (up to 9 months) of patients is done. At each period, people treated themselves and Speed-called ferritin levels in the two groups will be compared with each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015083123835N1**
Registration date: **2015-12-02, 1394/09/11**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-12-02, 1394/09/11

Registrant information

Name
Somaye Fatali
Name of organization / entity
Kerman University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source
College of Traditional Medicine, Sajadie Ave, Modiriat Ave, Kerman

Expected recruitment start date
2015-09-11, 1394/06/20

Expected recruitment end date
2016-06-19, 1395/03/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

Comparison of ferrous sulfate with ferrous sulfate and traditional medicine product (currant and pomegranate) effect on regulation of feritin in iron deficient women with normal hemoglobin

Public title

Helping to treatment of iron deficiency with traditional medicine product

Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria : women with HB > 12 and Ferritin < 50 Exclusion criteria: cardiovascular disease; thyroid or renal or hepatic disease; use supplement or Iron; hormone therapy; AUB; GI bleeding; abnormal CRP; smoking; menopause; pregnancy; and the factors related to abnormal red blood cells.
Age
From **18 years** old to **45 years** old
Gender
Female

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **74**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

1

Registry name

Secondary trial Id

Registration date
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Kerman University of Medical Sciences
Street address
Central Organization of Kerman University of Medical Sciences, Jomhuri islami Blv., Kerman
City
Kerman
Postal code
۷۶۱۵۶۸۷۱۳۴
Approval date
2015-09-09, 1394/06/18
Ethics committee reference number
ir.kmu.rec.1394.231

Health conditions studied

1

Description of health condition studied
Iron deficiency anemia
ICD-10 code
D50.9
ICD-10 code description
Iron deficiency anaemia, unspecified

Primary outcomes

1

Description
Ferritin
Timepoint
3 month
Method of measurement
Blood tests

2

Description
Hemoglobin
Timepoint
3 month
Method of measurement
Blood tests

Secondary outcomes

1

Description
Constipation
Timepoint
3 month
Method of measurement
The number of bowel movements per day

Intervention groups

1

Description
Intervention group: traditional product(currant and pomegranate) in fasting, plus ferrous sulfate up to three tablets per day
Category
Treatment - Drugs

2

Description
Control group: ferrous sulfate , up to three tablets per day
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Khomaini Hospital, Hematological Clinic
Full name of responsible person
Somaye Fatali
Street address
Gharib Ave, Keshavars Blv, Tehran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Kerman University of Medical Sciences
Full name of responsible person
Hale Tajoddini
Street address
College of Traditional Medicine, Sajadie Ave, Modiriat Ave, Kerman
City
Kerman
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, Kerman 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
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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