

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

The effect of aerobic exercise ergometer with the consumption extract of Nettle on the Nesfatin-1 and C-reactive protein values in overweight and obese women.

Protocol summary

Summary

Objective: The effect of aerobic exercise ergometer with the consumption extract of Nettle on the Nesfatin-1 and C-reactive protein values in overweight and obese women. Study design: Randomized sealed envelope; single-blind (Participants) ; placebo-controlled; single-centre. Inclusion criteria: Female; Age between 25 to 45 years; no history of heart disease; arthritis; being healthy; do not use other herbal medicines. lack of regular exercise. Exclusion criteria: use of herbal medicines except nettle; Pregnancy; Breastfeeding; Risk of disease and sample size of 48 patients in 4 groups. Time: 11 January 2016 till 5 March 2016. Outcome: Cardiovascular risk factors associated with obesity and weight loss with exercise and use of nettle extract.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022324394N2**

Registration date: **2016-03-20, 1395/01/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-03-20, 1395/01/01

Registrant information

Name

Soheila Moghadam Eftekhari

Name of organization / entity

University of Sistan and Baluchestan

Country

Iran (Islamic Republic of)

Phone

+98 51 5452 1979

Email address

fiziolozhi.usb93@pgs.usb.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-12-01, 1394/09/10

Expected recruitment end date

2015-12-06, 1394/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of aerobic exercise ergometer with the consumption extract of Nettle on the Nesfatin-1 and C-reactive protein values in overweight and obese women.

Public title

The effect of exercise and extract Nettle on obesity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Female; Age between 25 to 45 years; lack of any history of cardiovascular disease, arthritis and ...; to health; do not use other herbal medicines. lack of regular exercise. Exclusion criteria: use of herbal medicines except nettle; Pregnancy; Breastfeeding; Risk of disease and

Age

From **69 years** old to **49 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 48

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Carry out a sealed envelope method is to randomly.

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the University of Medical Sciences of zahedan

Street address

98167-43463

City

zahedan

Postal code

Approval date

2016-01-31, 1394/11/11

Ethics committee reference number

IR.ZAUMS.REC.1394..388

Health conditions studied

1

Description of health condition studied

Obesity and overweight

ICD-10 code

E66.0, E6

ICD-10 code description

Obesity due to excess calories, Morbid obesity, Simple obesity NOS.

Primary outcomes

1

Description

Nesfatin-1

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

Kate Nesfatin-1

2

Description

CRP

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

Kate CRP

Secondary outcomes

1

Description

Blood pressure

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

Manometers

2

Description

Heart rate

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

thermometers Polar heart rate

3

Description

waist to hip ratio

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

Waist circumference / Hip circumference

4

Description

BMI

Timepoint

Before the intervention. Immediately after the intervention

Method of measurement

Weight / height to the power of 2.

Intervention groups

1

Description

Intervention group 1 : Aerobic + Extract. Participants must daily for 2 months, 8 ml of nettle extract has been solved, while in a glass of water after meals to consume. It should be noted that extract essential oils from medicinal plants Gorgan is provided.

Category

Treatment - Drugs

2

Description

Intervention group 2: Extract. Participants must daily for 2 months, 8 ml of nettle extract has been solved, while in a glass of water after meals to consume. It should be noted that extract essential oils from medicinal plants Gorgan is provided.

Category

Treatment - Drugs

3

Description

Control group 1 : Aerobic + placebo supplement.

Category

Treatment - Drugs

4

Description

Control group 2 : placebo supplement.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Olympic Village of Zahedan city

Full name of responsible person

Soheila Moghadam Eftekhari

Street address

Bozorgmehr Ave. Zahedan

City

zahedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Soheila Moghadam Eftekhari

Street address

95916-34576

City

Taybad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

Zahedan University of Medical Sciences

Full name of responsible person

Mansour Karajibani

Position

PHD

Other areas of specialty/work

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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