

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

Effects of Resveratrol Supplementation on Oxidative Stress and Inflammation in Male Professional Basketball Players

Protocol summary

Summary

1.Objectives:Both acute aerobic and anaerobic exercise have the potential to result in increased free radical production, which could result in acute oxidative stress,inflammation and muscle damage.It is necessary to find an appropriate approach for reducing these factors.The aim of this study is to determine the effects of resveratrol supplementation on inflammation and oxidative stress in male professional basketball players;2.Design of study:randomized double blind clinical trial in two groups of intervention and control groups;3.Setting and conduct of study:10 cc bloods of athletes after 2 hours of vigorous activity at the same and certain time will be taken and questionnaires of 3-days food records at the beginning and the end of study will be completed;4.Participants:male professional basketball players between 17-35 years old.Exclusion criteria include Change in diet or physical activity patterns for any reason,compliance rate of less than 80 and being infected with any disease;5.Sample size:24 persons;6.Interventions:one capsule of resveratrol per day that contains 40 mg resveratrol;7.Duration of intervention:6 weeks;8.Main outcome measures variables:reviewed variables include Inflammatory factors (TNF- α & IL- 6) and oxidative stress (F2 isoprostane) will be measured and compared at the beginning and end of the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204212394N8**

Registration date: **2012-05-22, 1391/03/02**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-05-22, 1391/03/02

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for research, Tehran University of Medical Sciences

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2012-07-22, 1391/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Resveratrol Supplementation on Oxidative Stress and Inflammation in Male Professional Basketball Players

Public title

Effects of Resveratrol Supplementation on Inflammation and Oxidative Stress

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 1. Lack of sensitivity to Resveratrol; 2. Age 17-35 years; 3. Failure to take of multivitamin - mineral and omega - 3 supplements two weeks before the intervention; 4. No smoking; 5. Failure to take of anti-inflammatory drugs; 6. Not affected by the renal, hepatic, thyroid and hemolytic anemia disease; 7. Not affected by the skeletal-muscular disorder; Exclusion criteria: 1. Change in diet or physical activity patterns for any reason; 2. Compliance rate of less than 80; 3. Being infected with any disease;

Age

From **17 years** old to **35 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double 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 Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd, Tehran, Iran

City

Tehran

Postal code

Approval date

2012-04-08, 1391/01/20

Ethics committee reference number

130/2578/90/

Health conditions studied

1

Description of health condition studied

athlete

ICD-10 code

Z10.3

ICD-10 code description

Routine general health check-up of sports teams

Primary outcomes

1

Description

Tumor necrosis factor- α

Timepoint

Before intervention and 6 month after intervention

Method of measurement

ELISA; pg/ml

2

Description

Interleukin -6

Timepoint

Before intervention and 6 month after intervention

Method of measurement

ELISA; pg/ml

3

Description

F2 isoprostane

Timepoint

Before intervention and 6 month after intervention

Method of measurement

ELISA; pg/ml

Secondary outcomes

empty

Intervention groups

1

Description

for intervention group: resveratrol supplement, 200 mg capsule, one capsule per day for 6 months

Category

Prevention

2

Description

placebo contains Starch flour, one capsule per day for 6 months

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Sport Club of Tehran Azad University
Full name of responsible person
Hoda Sadat Zahedi
Street address
City
Tehran

2

Recruitment center
Name of recruitment center
Sport Club of Pooya
Full name of responsible person
Hoda Sadat Zahedi
Street address
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice-chancellor for research, Tehran University of Medical Sciences
Full name of responsible person
Dr. Akbar Fotouhi
Street address
Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd, Tehran, Iran.
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, Tehran 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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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