Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

The effect of probiotic yogurt on blood glucose and lipid profiles serum of type 2 diabetes.

Protocol summary

Summary

Objectives: This study was designed to determine impact of Probiotic yogurt on blood glucose and lipid profiles. Inclusion criteria: Type 2 diabetes; 30-65 years; both sexes, who taking Metformin and Glibenclamide, with no renal diseases (Cr <0.4 mg/dl),high blood pressure (BP<200/110 mmHg), liver diseases. Exclusion criteria: No insulin injection; any changes in using medication; smoking; lactose intolerance; thyroid dysfunction; chronic inflammatory diseases; cardio-vascular disease; pregnancy; breast feeding; and having any weight loose or weight gain regimes. Target population were diabetic type 2 patients, sixty patients randomly divided to two intervention and control groups and respectively received 100g of probiotic yogurt (containing Lactobacillus Acidophilus and Bifidobacterium Lactis) and 100g conventional yogurt twice a day for 8 weeks in 2006.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016030726954N1**
Registration date: **2016-03-30, 1395/01/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-03-30, 1395/01/11

Registrant information

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Zahra Tazakori
Name of organization / entity
Ardabil University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Proposal of Ardabil University of Medical Sciences

Expected recruitment start date

2006-03-21, 1385/01/01

Expected recruitment end date

2007-02-20, 1385/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of probiotic yogurt on blood glucose and lipid profiles serum of type 2 diabetes.

Public title

Probiotic yogurt effect on diabetes control

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Type 2 diabetes; 30-65 years; both sexes, who taking Metformin and Glibenclamide, with no renal diseases (Cr <0.4 mg/dl),high blood pressure (BP<200/110 mmHg), liver diseases. Exclusion criteria: No insulin injection; any changes in using medication; smoking; lactose intolerance; thyroid dysfunction; chronic inflammatory diseases; cardio-vascular disease; pregnancy; breast feeding; and having any weight loose or weight gain regimes.

Age

From **30 years** old to **65 years** old

Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
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
Ardabil University of Medical Sciences
Street address
Janbazan Square, across from Lake Shorabil, Ardabil University of Medical Sciences
City
Ardabil
Postal code
5618953141
Approval date
2016-03-15, 1394/12/25
Ethics committee reference number
IR.ARUMS.REC.1394.143

Health conditions studied

1

Description of health condition studied
Diabetes
ICD-10 code
E11
ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
blood glucose (FBS) , blood glucose 2 hours after gloucose consumption
Timepoint
before and after study
Method of measurement
photometry method pars amazon kit

2

Description
LDL
Timepoint
before and after study
Method of measurement
Fridval formula

3

Description
HDL,TG, total cholesterol
Timepoint
before and after study
Method of measurement
by photometry method pars amazon kit

Secondary outcomes

1

Description
24 hours recall
Timepoint
before and after
Method of measurement
24 hours recall intake wrere checked by interview

Intervention groups

1

Description
Interventionl group received probiotic (100gr) twice a day for 8 weeks
Category
Prevention

2

Description
control group received conventional yogurt (100gr) twice a day for 8 weeks
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Khomeini diabetes clinic of Ardabil University of Medical Sciences
Full name of responsible person
Zahra Tazakori

Street address
Iran
City
Ardabil

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ardabil University of Medical Sciences
Full name of responsible person
Shahram Habibzadeh
Street address
Iran
City
Ardabil
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ardabil 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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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