

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Preparation and evaluation of oral tablet from purslane juice and clinical trial on appetite decreasing

Protocol summary

Summary

In this study, tablets will be prepared from dry juice of purslane. Efficacy of oral tablets will be evaluated via double-blind placebo-controlled clinical trial on appetite decreasing in healthy volunteers after the physicochemical properties assessment. In clinical trial step, healthy and suitable cases were selected according to physical and experimental exams, appetite questionnaire filling and BMI measurement. Volunteers divided into two groups (35 cases in each group). Treatment period is 60 days. In end of study, volunteers condition will be reevaluation. Repeated measure ANOVA and t-test determine the changed factors in end of investigation.

General information

Acronym

Purslane effect on appetite

IRCT registration information

IRCT registration number: **IRCT2016030826977N1**

Registration date: **2016-08-03, 1395/05/13**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-08-03, 1395/05/13

Registrant information

Name

Mehdi Ajdary Tafti

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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ajdary@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2016-09-24, 1395/07/03

Expected recruitment end date

2017-04-20, 1396/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Preparation and evaluation of oral tablet from purslane juice and clinical trial on appetite decreasing

Public title

Evaluation of oral tablet from purslane juice and clinical trial on appetite decreasing

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having a minimum appetite (according to questionnaire); age between 20 to 40 years old; healthy volunteers according to physical and laboratory exams; no weight loss in last 3 months; not taking medication for weight loss or appetite depressants. Exclusion criteria: alcoholism; smoking; any chronic or systemic disease; use of any medication for weight loss, metabolic disease such as diabetes, liver or renal failure, chronic inflammatory conditions, malignancy; use of anti-hyperlipidemic medications; weight loss in 3 months ago; age lower than 20 and upper than 40 years old; pregnancy; lactation; history of urinary stone.

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

Vice Chancellor for research, Shiraz University of Medical Sciences

Street address

Ethic Committee in Medical Research, Vice Chancellor for research, 7th floor, Central building of Shiraz University of Medical sciences, Zand street

City

Shiraz

Postal code

71345-1978

Approval date

2016-04-10, 1395/01/22

Ethics committee reference number

IR.SUMS.REC.1395.9

Health conditions studied

1

Description of health condition studied

apepetite

ICD-10 code

Y57.0

ICD-10 code description

Appetite depressants [anorectics]

Primary outcomes

1

Description

Appetite

Timepoint

In first day of study and then monthly for two months (days: 1, 30, 60)

Method of measurement

Questionnaire(DEBQ)

Secondary outcomes

1

Description

Body mass index (BMI)

Timepoint

Every 2 mounths (first day and 60th day)

Method of measurement

According to height and weight

Intervention groups

1

Description

Administration of a tablet containg 500 mg dry juice of purslane 3 times a day before deal with a glass of water for 2 months besides conventional diet for weight loss.

Category

Treatment - Drugs

2

Description

Placebo administration (tablet), 3 times a day before meal with a glass of water for two months besides conventional diet for weight loss.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza clinic

Full name of responsible person

Dr. Siavash Babagaafari

Street address

Namazi Square

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

vice chancellor for research of shiraz university of

medical sciences

Full name of responsible person

Dr Basir Hashemi

Street address

Research vice, 7th floor, central building of Shiraz
University of Medical Sciences, Zand Street. Shiraz

City

Shiraz

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 of Shiraz 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

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr Mehdi Ajdary Tafti

Position

PhD candidate of traditional pharmacy

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