

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The Effect of 15 Days Cinnamon Supplementation on Lipid Profile, Hematocrit and Blood Pressure Response in One Session Aerobic Exercise in Nonathletic Health Male

Protocol summary

Summary

Aim of research: review the effect of 15 days cinnamon supplementation on lipid profile, hematocrit and mean arterial blood pressure in response to one session aerobic exercise in nonathletic healthy male Inclusion Criteria: Healthy; Staff; Nonathletic Exclusion Criteria: Special diseases like diabetes and hypertension; Smoking; Regular exercises in two last years Population: inactive healthy male staff of Fars Science Research Branch of Islamic Azad University Sample: 24 persons Design: 15 days consumption of 1 g cinnamon, 1.5 g cinnamon and placebo and measurement of lipid profile, hematocrit and mean arterial blood pressure before and immediately after training protocol of 30 min running by intensity of 55-65% maximum heart rate

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016100927263N1**

Registration date: **2016-10-24, 1395/08/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-24, 1395/08/03

Registrant information

Name

Seyed Ali Hosseini

Name of organization / entity

Islamic Azad University, Marvdasht Branch

Country

Iran (Islamic Republic of)

Phone

+98 43311156

Email address

alihoseini_57@miau.ac.ir

Recruitment status

Recruitment complete

Funding source

Fars Science Research Branch of Islamic Azad University

Expected recruitment start date

2014-07-25, 1393/05/03

Expected recruitment end date

2014-08-10, 1393/05/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 15 Days Cinnamon Supplementation on Lipid Profile, Hematocrit and Blood Pressure Response in One Session Aerobic Exercise in Nonathletic Health Male

Public title

The Effect of 15 Days Cinnamon Supplementation on Lipid Profile, Hematocrit and Blood Pressure Response in One Session Aerobic Exercise in Nonathletic Health Male

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy; Staff; Nonathletic Exclusion Criteria: Special diseases like diabetes and hypertension; Smoking; Regular exercises in two last years

Age

No age limit

Gender

Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 50

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Single 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 Islamic Azad University, Fars
Science and Research Branch

Street address

Islamic Azad University Fars Science and Research
Branch, Marvdasht City, Fars Province, Iran

City

Marvdasht

Postal code

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

91-11-83

Health conditions studied

1

Description of health condition studied

Healthy

ICD-10 code

z00

ICD-10 code description

Persons encountering health services for examination
and investigation

Primary outcomes

1

Description

Hematocrit

Timepoint

15 days after intervention

Method of measurement

Serum

2

Description

Blood Pressure

Timepoint

15 days after intervention

Method of measurement

Blood Pressure Device

Secondary outcomes

1

Description

Weight Lose

Timepoint

15 days after intervention

Method of measurement

by Scale

Intervention groups

1

Description

Intervention group: 15 days 1 gram cinnamon
consumption daily

Category

Other

2

Description

Intervention group: 15 days 1.5 gram cinnamon
consumption daily

Category

Other

3

Description

Control group: 15 days 1 gram starch consumption daily

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University, Fars Science and Research
Branch

Full name of responsible person

Dr Seyed Ali Hosseini

Street address

Islamic Azad University Fars Science and Research
Branch, Marvdasht City, Fars Province, Iran

City

Marvdasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Islamic Azad University
Fars Science and Research Branch

Full name of responsible person

Seyed Ali Hosseini

Street address

Islamic Azad University Fars Science and Research
Branch, Marvdasht City, Fars Province, Iran

City

Marvdasht

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, Islamic Azad University Fars
Science and Research Branch

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**

Islamic Azad University Fars Science and Research
Branch

Full name of responsible person

Seyed Ali Hosseini

Position

PhD

Other areas of specialty/work**Street address**

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Person responsible for updating data

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Position

Research Deputy of Islamic Azad University
Marvdasht Branch

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Fax**Email****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