Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 Scienece and Research Branch
Street address
Islamic Azad University Fars Scienece 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 Scienece 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 Scienece and Research Branch
Full name of responsible person
Seyed Ali Hosseini
Street address
Islamic Azad University Fars Scienece 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 Scienece 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
Islamic Azad University Fars Science and Research Branch, Marvdasht City, Fars Province, Iran
City
Marvdasht
Postal code
Phone
+98 71 4331 1156
Fax
Email
alihoseini_57@yahoo.com alihoseini_57@miau.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University Marvdasht Branch
Full name of responsible person
seyed Ali Hosseini
Position
PhD
Other areas of specialty/work
Street address
Islamic Azad University Marvdasht Branch, Marvdasht City, Fars Province, Iran
City
Marvdasht
Postal code
Phone
+98 71 4331 1156
Fax
Email
alihoseini_57@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University Marvdasht Branch
Full name of responsible person
seyed Ali Hosseini
Position
Research Deputy of Islamic Azad University Marvdasht Branch
Other areas of specialty/work
Street address
Islamic Azad University Marvdasht Branch, Marvdasht City, Fars Province, Iran
City
Marvdasht
Postal code
Phone
00
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