Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the effect of Taurine supplementation on liver antioxidant levels during a period of endurance activity in endurance athletes

Protocol summary

Summary

According to the study method, 24 endurance runners were randomly selected from male athletes in Khorramabad city and randomly divided into three groups: taurine-activity, placebo-activity and control. Taurine groups consumption will supplement Taurine 15 mg per kilogram of body weight on daily and the placebo groups consumption will in the same amount of wheat germ and group both will perform three times the exercise protocol in the week, while the control group did not receive any supplement and follow its normal schedule. Blood samples from subjects will be collectedin in three stages (48 hours before the start of the period, before executing the exercise protocol and immediately after the end of the period) in 5 cc of the anterior vein of the forearm in sitting position. Then after collection, samples are transferred to the laboratory for examination. At first, the samples are centrifuged at 3000 rpm to separate the serum and serum samples are then analyzed using Eliza Kit's product from Boosters USA company by immunosorbent method attached to the sandwich enzyme to measure glutathione peroxidase, superoxide dismutase, malondialdehyde.

General information

Acronym

GPX

IRCT registration information

IRCT registration number: **IRCT2017052128429N3**
Registration date: **2017-07-25, 1396/05/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-07-25, 1396/05/03

Registrant information

Name

Mohammd Fathi

Name of organization / entity

Lorestan University

Country

Iran (Islamic Republic of)

Phone

+98 916 397 2041

Email address

fathi.m@lu.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2017-04-17, 1396/01/28

Expected recruitment end date

2017-05-18, 1396/02/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Taurine supplementation on liver antioxidant levels during a period of endurance activity in endurance athletes

Public title

Effect of Taurine Supplementation on Levels of Liver Antioxidants.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Subjects the lack of particular diseases, especially liver and heart disease - respiratory. Exclusion criteria: People with specific diseases, especially heart

disease and liver - respiratory.

Age
No age limit

Gender
Male

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not 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 Lorestan University of Medical Sciences.

Street address
Department of Physical Education and Sport Sciences, University of Lorestan, 5 km road Tehran, Khorramabad, Lorestan

City
Khoramabad

Postal code

Approval date
2016-09-22, 1395/07/01

Ethics committee reference number
5476

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Enzymes Superoxide dismutase

Timepoint
Two days before , The day begining of and on the last day of the intervention

Method of measurement
In a sandwich enzyme-linked immunosorbent assay

Secondary outcomes

1

Description
No variable

Timepoint
not measurement

Method of measurement
not sampling

Intervention groups

1

Description
The control group does twelve sessions of activity without receiving supplements and placebo

Category
Prevention

2

Description
The intervention group does training sessions twelve with the receive of Taurine supplementation

Category
Treatment - Drugs

3

Description
The placebo group does training sessions twelve with placebo receive.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Lorestan University

Full name of responsible person
Mohammad Fathi

Street address
Department of Physical Education and Sport Sciences, University of Lorestan, 5 km road Tehran, Khorramabad, Lorestan

City
Khormabad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Investigator
Full name of responsible person
Mohamad Fathi
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Department of Physical Education and Sport Sciences, University of Lorestan, 5 km road Tehran, Khorramabad, Lorestan
City
Khoramabad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Investigator
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
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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