

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jun 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 collected 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 beginning 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

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Department of Physical Education and Sport Sciences,
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Khormabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

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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**

Lorestan University

Full name of responsible person

Mohammad Fathi

Position

Assistant Professor Lorestan University

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

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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