

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### The effect of consumption of Cinnamon on inflammatory factors , pain , and anthropometric indices in patients with Multiple Sclerosis

#### Protocol summary

##### Summary

The aim of this study is to investigate the effect of Cinnamon on serum levels of inflammatory factors (IL-6 and hs-CRP), anthropometric indices (weight, body mass index and waist circumference) and pain in patients with Multiple Sclerosis. This study is a randomized double-blind clinical trial in which, 60 patients with multiple sclerosis in range of 20 to 65 years will be enrolled. Patients who their medication dosage varies during the study and have protocol violation, will be excluded. They will be divided into 2 groups. In one of the groups, cinnamon in a dose of 2 grams per day and in the other group placebo containing 2 grams of flour will be consumed by patients, for 8 weeks. Inflammatory factors at the beginning and end of the study will be evaluated. In case of positive results, Cinnamon could be used as source of anti-inflammatory and analgesic for the treatment of Multiple Sclerosis.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016072529041N1**

Registration date: **2016-08-14, 1395/05/24**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2016-08-14, 1395/05/24

##### Registrant information

###### Name

Elham Delaviz

###### Name of organization / entity

Shiraz University of Medical Sciences

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Iran (Islamic Republic of)

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###### Recruitment status

**Recruitment complete**

###### Funding source

Deputy of research, Shiraz University of Medical Sciences

###### Expected recruitment start date

2016-08-22, 1395/06/01

###### Expected recruitment end date

2016-12-21, 1395/10/01

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The effect of consumption of Cinnamon on inflammatory factors , pain , and anthropometric indices in patients with Multiple Sclerosis

###### Public title

Effect of Cinnamon on the treatment of Multiple Sclerosis

###### Purpose

Treatment

###### Inclusion/Exclusion criteria

Inclusion criteria: Patients with Multiple Sclerosis, non-allergic or intolerance to Cinnamon, no alcohol, absence of pregnancy or lactation, absence of hormone therapy and absence of any liver dysfunction , kidney failure, gout and rheumatoid arthritis , breast fibroids , breast cancer and avoiding the use of statins. Exclusion criteria : Change medication , especially anti-inflammatory drugs during the study and Failure to follow study protocol.

###### Age

From **20 years** old to **65 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked***No information***Sample size**Target sample size: **60****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**

Shiraz University of Medical Sciences

**Street address**Shiraz University of Medical Sciences, Zand Ave,  
Shiraz.**City**

Shiraz

**Postal code****Approval date**

2016-04-24, 1395/02/05

**Ethics committee reference number**

IR.SUMS.REC.1395.16

**Health conditions studied****1****Description of health condition studied**

Multiple sclerosis

**ICD-10 code**

G35

**ICD-10 code description**

Multiple sclerosis

**Primary outcomes****1****Description**

interleukin- 6

**Timepoint**

Before intervention, two months after intervention.

**Method of measurement**

Serum concentration of IL-6

**2****Description**

hs-CRP

**Timepoint**

Before intervention, two months after intervention.

**Method of measurement**

Serum concentration of hs-CRP

**Secondary outcomes****1****Description**

Weight

**Timepoint**

Before intervention, two months after intervention

**Method of measurement**

Weight in (kg)

**2****Description**

Waist circumference

**Timepoint**

Before intervention, two months after intervention

**Method of measurement**Upper hip bone and place a measuring tape around the  
abdomen**3****Description**

body mass index

**Timepoint**

Before intervention, two months after intervention

**Method of measurement**

Weight in Kilograms over Height in meters squared

**4****Description**

Total protein intake

**Timepoint**

Before intervention, two months after intervention

**Method of measurement**

Dietary recall questionnaire

**5****Description**

Total carbohydrate intake

**Timepoint**

Before intervention, two months after intervention

**Method of measurement**

Dietary recall questionnaire

**6****Description**

Total fat intake  
**Timepoint**  
Before intervention, two months after intervention  
**Method of measurement**  
Dietary recall questionnaire

## 7

**Description**  
Total energy intake  
**Timepoint**  
Before intervention, two months after intervention  
**Method of measurement**  
Dietary recall questionnaire

## 8

**Description**  
Pain Assessment  
**Timepoint**  
Before intervention, two months after intervention  
**Method of measurement**  
Pain Quality Assessment Scale

## Intervention groups

### 1

**Description**  
Cinnamon with daily dose 2 gr for 2 month  
**Category**  
Treatment - Drugs

### 2

**Description**  
Cap containing placebo, 2 gr flour for daily usage for 2 month  
**Category**  
Placebo

## Recruitment centers

### 1

**Recruitment center**  
**Name of recruitment center**  
MS Society of Shiraz  
**Full name of responsible person**  
Keramat Nazari  
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## Sponsors / Funding sources

### 1

**Sponsor**  
**Name of organization / entity**  
Shiraz University of Medical Sciences

**Full name of responsible person**  
Musa Salehi  
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**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
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**  
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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*