

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The effect of vitamin A supplementation immunoglobulin A, cortisol and total protein

Protocol summary

Summary

Due to the high intensity of activity, exhaustive physical activity can have a negative effect on mucosal immune parameters. The purpose of this study is the effect of exhaustive training program and vitamin A supplementation on the salivary Immunoglobulin A in active girls. In this quasi-experimental study, 18 active girls were chosen on a voluntary basis And randomly divided into three exercise vitamin A groups, exercise group and control group. The participants were suffering from common cold or illness and athletes were chosen from the community. Saliva samples a day before starting an exercise program, 24 and 72 hours after the last training session, were collected in the morning and the stimulated saliva samples were collected in three stages as before the race and 24 and 72 hours after it.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016082929599N1**

Registration date: **2016-10-10, 1395/07/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-10, 1395/07/19

Registrant information

Name

Rahim Mirnasuri

Name of organization / entity

Lorestan University

Country

Iran (Islamic Republic of)

Phone

+98 916 663 8738

Email address

mirnasuri.r@lu.ac.ir

Recruitment status

Recruitment complete

Funding source

investigator

Expected recruitment start date

2016-02-04, 1394/11/15

Expected recruitment end date

2016-02-14, 1394/11/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of vitamin A supplementation immunoglobulin A, cortisol and total protein

Public title

The effect of vitamin A on the mucosal immune system

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: non-infected subjects of specific diseases and colds; Athlete exclusion criteria: being an athlete catching colds during the study subject; Non-completion of the training program

Age

From **20 years** old to **29 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size
Target sample size: **18**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Lorestan University

Street address
Lorestan University

City
Khoramabad

Postal code

Approval date
2015-10-23, 1394/08/01

Ethics committee reference number
5975

Health conditions studied

1

Description of health condition studied
Relationship between vitamin A immunoglobulin A, cortisol and total protein

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
IgA

Timepoint
One day before the intervention, -24 and 72 hours after intervention

Method of measurement
Saliva samples

2

Description
Cortisol

Timepoint

One day before the intervention, -24 and 72 hours after intervention

Method of measurement
Saliva samples

3

Description
Total protein

Timepoint
One day before the intervention, -24 and 72 hours after intervention

Method of measurement
Saliva samples

Secondary outcomes

empty

Intervention groups

1

Description
Implementation of training program for 7 days

Category
Prevention

2

Description
Receive a dose tablets of vitamin A to 25,000 in supplementary training for a week

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Lorestan University

Full name of responsible person
Rahim Mirnasuri

Street address
Lorestan University

City
Khormabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Lorestan University

Full name of responsible person
Rahim Mirnasuri

Street address
Lorestan University

City

Khoramabad

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Lorestan University

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

Rahim Mirnasuri

Position

Assistant Professor Lorestan University

Other areas of specialty/work

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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