Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaulation of the effect of zinc supplement on control status of diabetes in diabetic patients

Protocol summary

Summary

Diabetes is common in Yazd city and Zinc deficiency is expected to be high as Zinc is a rare element and not in abundance in this city. Zinc has an essential role in insulin function. The aim of this study was to evaluate the effect of zinc supplement in HbA1c in a group of type-II diabetic patients. Methods: In this clinical trial study, 60 patients were chosen. Half of them received 25 mg Zinc Sulfate per day for 8 weeks and half of them received 50 mg Zinc supplementation daily for 8 weeks. Serum level of zinc, FBS, 2hpp , HbA1c were evaluated in patient before and after intervention. Inclusion criteria: Age:40-60, HbA1c greater7 ,TG Lesser than 400 mg/dl, Cho Lesser than 250 mg/dl. Exclusion Criteria: Smoking, using antioxidant drug, using insulin and renal disease.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138812212676N2**
Registration date: **2010-06-19, 1389/03/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-06-19, 1389/03/29

Registrant information

Name
Robab Sheikhpour
Name of organization / entity
Azad University
Country
Iran (Islamic Republic of)
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+98 35 1623 5958
Email address
info@jauashkezar.ac.ir

Recruitment status

Recruitment complete

Funding source

Diabetes center of Yazd

Expected recruitment start date

2008-04-20, 1387/02/01

Expected recruitment end date

2008-06-21, 1387/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaulation of the effect of zinc supplement on control status of diabetes in diabetic patients

Public title

The effect of zinc supplement on control status of diabetes in diabetic Patients

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Age 40-60, HbA1c greater than 7, TG Less than 400 mg/dl, Cho Less than 250 mg/dl .
Exclusion criteria: Smoking, using antioxidant drug, using insulin and renal disease

Age

From **40 years** old to **61 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)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shahid Sadouqi University of Medical Sciences
Street address
Central administration office, Bahonar square
City
Yazd city
Postal code
Approval date
2009-07-11, 1388/04/20
Ethics committee reference number
p/1/17/3944

Health conditions studied

1

Description of health condition studied
Diabetes
ICD-10 code
E10, E11,
ICD-10 code description
Diabetes mellitus

Primary outcomes

1

Description
HbA1C
Timepoint
1 Month prior to intervention, 2 Month after intervention
Method of measurement
Cell counter instrument

Secondary outcomes

1

Description
Fasting blood sugar and 2 hours postprandial
Timepoint
1 Month prior to intervention, 2 Month after intervention
Method of measurement
Photometer instrument

2

Description
Serum Zinc level
Timepoint
1 Month prior to intervention, 2 Month after intervention
Method of measurement
ELIZA

Intervention groups

1

Description
Zinc sulphate, 50 Mg oral capsule, One capsule every other day for 2 month
Category
Treatment - Drugs

2

Description
Zinc sulphate, 50 Mg oral capsule, One capsule every day for 2 month
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Diabetes center of Yazd
Full name of responsible person
Dr Mohammad Afkhami, Associate professor
Street address
Diabetes center, Next to Afshar hospital, Jomhouri avenue
City
Yazd

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Diabetes center of Yazd
Full name of responsible person
Dr Mohammad Afkhami, Associate Professor
Street address
Diabetes center of Yazd, Next to Afshar hospital,

Jomhouri avenue

City

Yazd

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Diabetes center of Yazd

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

Azad University

Full name of responsible person

Robab Sheikhpour

Position

MSc, Academic member

Other areas of specialty/work

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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