

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Evaluation 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)

Phone

+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

Evaluation 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, Jomhoury 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,

Jomhuri 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
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Full name of responsible person
Robab Sheikhpour
Position
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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