

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Investigation of oral magnesium citrate compared to placebo on spirometry findings in patients with allergic asthma

Protocol summary

Summary

This is a double-blind, placebo-controlled clinical trial aimed to investigate the effect of oral magnesium citrate compared to placebo on spirometry findings in patients with allergic asthma, in 60 asthmatic patients referring pulmonology clinic of Ali Ebne Abi Taleb hospital in Zahedan. Inclusion criteria are age of 18-55 years and having moderate asthma and exclusion criteria are having cardiac or renal diseases, diabetes, other pulmonary diseases and uncontrolled hypertension. After inclusion in the study, the patients will be randomly divided into two equal groups, magnesium citrate receivers and placebo group. Magnesium citrate receivers will receive 300 mg of this drug once a day for 2 months and the placebo group will also receive 300 mg of starch once a day for 2 months. Patients in both groups will be followed for 2 months and at the end of the second month their spirometry findings will be compared together.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017021032485N1**

Registration date: **2017-02-24, 1395/12/06**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-02-24, 1395/12/06

Registrant information

Name

Mohammad Reza Khammari

Name of organization / entity

Zahedan University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 54 3322 5715

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dr.khammari@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Zahedan University of Medical Sciences

Expected recruitment start date

2017-03-21, 1396/01/01

Expected recruitment end date

2017-09-22, 1396/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of oral magnesium citrate compared to placebo on spirometry findings in patients with allergic asthma

Public title

The effect of magnesium citrate in asthma

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age of 18-55 years; having moderate asthma. Exclusion criteria: having cardiac; renal disease; diabetes; other pulmonary diseases; uncontrolled hypertension.

Age

From **18 years** old to **55 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**

Zahedan University of Medical Sciences

Street addressZahedan University of Medical Sciences and Health
Services campus, Khaliye Fars Blv, Doctor Hesabi Sq,
Zahedan**City**

Zahedan

Postal code**Approval date**

2016-10-02, 1395/07/11

Ethics committee reference number

IR.ZAUMS.REC.1395. 169

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

Asthma

ICD-10 code

J45

ICD-10 code description

Asthma

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

Spirometry findings

Timepoint

At the end of the second month

Method of measurement

By spirometer

Secondary outcomes

empty

Intervention groups**1****Description**Magnesium group: 300 mg magnesium citrate once a
day for 2 months**Category**

Treatment - Drugs

2**Description**

Placebo group: 300 mg starch once a day for 2 months

Category

Placebo

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ali ebne Abi Taleb Hospital

Full name of responsible person

Mohammad Reza Khammari

Street address

Khaliye Fars Blv, Zahedan

City

Zahedan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Zahedan University of Medical Sciences

Full name of responsible person

Hoshang Rafighdoost

Street addressDeputy of research and technology, Zahedan
University of Medical Sciences campus, Jannat Blv,
Zahedan**City**

Zahedan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Zahedan 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

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Person responsible for general inquiries

Contact

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Person responsible for updating data

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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