

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Effects of Supplementation with vitamin D on anti aging protein klotho in old people

Protocol summary

Summary

This is a prospective, double-blinded, randomized study to evaluate the effects of vitamin D supplementation on plasma anti aging protein klotho in people older than 60 years old, who live in kahrizak old people's home. participants should be non-diabetic, without a history of stroke or Severe cardiovascular disease, without kidney disease and have vitamin D deficiency. 90 participant randomized in 2 groups: receive 50000 IU/d vitamin D weekly and receive placebo weekly. The duration of intervention is 12 weeks. Patient's blood sample is taken before and after the intervention. The questionnaire about personal information, physical activity, recall diet, sun exposure and cognition is completed by experts. Anthropometric measurement include height, weight, waist circumference and blood pressure will be done based on standard

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201511152709N36**

Registration date: **2016-02-18, 1394/11/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-02-18, 1394/11/29

Registrant information

Name

Farzad Shidfar

Name of organization / entity

Iran University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Iran National Science Foundation International Campus of Iran University of medical science

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2017-03-19, 1395/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Supplementation with vitamin D on anti aging protein klotho in old people

Public title

Effects of Supplementation with vitamin D on anti aging protein klotho

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: more than 60 years old; old people with deficiency or insufficiency of serum Vitamin D levels (less than 30ng/ml serum 25-hydroxyvitamin D); Willingness to cooperate in the study; Lack of sensitivity to Vitamin D Supplement; no Consumption of multi vitamin, mineral and omega 3 Supplement; no Consumption of Vitamin D Supplement; Non-diabetic people; Without a history of stroke or Severe card

Age

From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

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

Iran University of medical science

Street address

Iran University of medical science, Hemmat Highway

City

Tehran

Postal code

Approval date

2015-11-18, 1394/08/27

Ethics committee reference number

IR.IUMS.REC.1394.9313680002

Health conditions studied

1

Description of health condition studied

vitamin d deficiency

ICD-10 code

E55.9

ICD-10 code description

Vitamin D deficiency, unspecified

Primary outcomes

1

Description

serum soluble klotho

Timepoint

before and after intervention

Method of measurement

ELISA

2

Description

25(OH)D

Timepoint

before and after intervention

Method of measurement

ELISA

3

Description

1,25(OH)2D

Timepoint

before and after intervention

Method of measurement

ELISA

4

Description

FBS

Timepoint

before and after intervention

Method of measurement

Colorimetric

5

Description

HgA1c

Timepoint

before and after intervention

Method of measurement

Ion exchange

6

Description

hs-CRP

Timepoint

before and after intervention

Method of measurement

ELISA

7

Description

Super Oxide Dismutase assay

Timepoint

before and after intervention

Method of measurement

Calorimetry

8

Description

Cognitive function

Timepoint

before and after intervention

Method of measurement

questionnaire

Secondary outcomes

1

Description

blood pressure

Timepoint

Before and after intervention

Method of measurement

Mercury sphygmomanometer

2

Description

weight

Timepoint

before and after intervention

Method of measurement

Digital scale

3

Description

Dietary intake

Timepoint

before and after intervention

Method of measurement

questionare

4

Description

body mass index

Timepoint

before and after intervention

Method of measurement

Calculation

5

Description

physical activity

Timepoint

before and after intervention

Method of measurement

questionare

6

Description

sun exposure

Timepoint

before and after intervention

Method of measurement

questionare

7

Description

drug consumption

Timepoint

before and after intervention

Method of measurement

questionare

8

Description

Smoking

Timepoint

before and after intervention

Method of measurement

questionare

Intervention groups

1

Description

Intervention group: receive 50000IU vitamin D weekly , for 12 weeks.

Category

Treatment - Other

2

Description

Control group: receive vitamin D placebo weekly , for 12 weeks.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Kahrizak old people's home

Full name of responsible person

maryam jebreel azimzadeh

Street address

Hakimzadeh Blvd, Kahrizak old people's home, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

International Campus of Iran University of medical science

Full name of responsible person

Doctor Ghasemi

Street address

Iran University of medical science, Hemmat Highway

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

International Campus of Iran University of medical science

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

Iran University of medical science

Full name of responsible person

Farzad Shidfar

Position

Professor

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