Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effects of ginger on serum concentrations of advanced glycosylation end products, oxidative stress, systemic and vascular inflammatory markers and lipoprotein (a) in peritoneal dialysis patients

Protocol summary

Summary

The aim of this double-blind randomized clinical trial was to determine the effects of ginger on serum concentrations of advanced glycosylation end products, oxidative stress, systemic and vascular inflammatory markers and lipoprotein (a) in peritoneal dialysis patients. Thirty-four patients from Tehran peritoneal dialysis centers were randomly assigned to either supplement or placebo group. The patients in supplement group received 1000 mg ginger (as 4 capsules) daily for 10 weeks, while the placebo group received corresponding placebo. At the baseline and the end of the study,10 ml blood was collected from each patient after a 12-14-hours fasting and urinary albumin, serum pentosidine, carboxymethyl lysine, malondialdehyde, IL-6 ، hs-CRP ، sICAM-1، sVCAM-1, Lipid profile and Lp(a) were measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201312062716N2**
Registration date: **2013-12-20, 1392/09/29**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-12-20, 1392/09/29

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

National Nutrition and Food Technology Research Institute

Expected recruitment start date

2013-11-11, 1392/08/20

Expected recruitment end date

2014-02-02, 1392/11/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of ginger on serum concentrations of advanced glycosylation end products, oxidative stress, systemic and vascular inflammatory markers and lipoprotein (a) in peritoneal dialysis patients

Public title

Effects of ginger on cardiovascular risk factors in peritoneal dialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criterion: Continuous Ambulatory Peritoneal Dialysis for 6 months or more. Exclusion criteria: infections; inflammatory diseases; thyroid disorders; gastrointestinal diseases; receiving anti-inflammatory

drugs, thyroxine, warfarin, vitamins B6, E, C, and Omega-3 fatty acids supplement.

Age
From **18 years** old to **75 years** old

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **34**

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
National Nutrition and Food Technology Research Institute

Street address
West Arghavan St., Farahzadi Blv., Shahrak Qods

City
Tehran

Postal code

Approval date
2013-06-22, 1392/04/01

Ethics committee reference number
049511

Health conditions studied

1

Description of health condition studied
cardiovascular risk factors in peritoneal dialysis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Malondialdehyde

Timepoint
Baseline and Week 10

Method of measurement
enzyme-linked immunosorbent assay (ELISA)

Secondary outcomes

1

Description
Serum pentosidine, carboxymethyl lysine, hs-CRP, IL-6, sICAM-1, sVCAM-1, TG, TC, LDL-C, HDL-C, apo AI, apo B100, Lp(a)

Timepoint
Baseline and Week10

Method of measurement
ELISA & Enzymatic method

Intervention groups

1

Description
Intervention: ginger supplement, Zintoma capsule, Gol-Daru Company. The patients in supplement group received 1000 mg ginger (as 4 capsules) daily for 10 weeks.

Category
Treatment - Drugs

2

Description
Control: placebo containing starch, Gol-Daru Company. The patients in the placebol group recieved daily 4 placebo capsules for 10 weeks

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Noor peritoneal dialysis Center

Full name of responsible person

Street address

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
National Nutrition and Food Technology Research Institute

Full name of responsible person
Dr. Fatemeh Mohammdi

Street address
46, West Arghavan St., Farahzadi Blv., Shahrak Qods,
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
National Nutrition and Food Technology Research Institute
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

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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