

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Efficacy of Cinnamon on Menstrual Cyclicity and Metabolic Dysfunction in Women with Polycystic Ovarian Syndrome

Protocol summary

Summary

This study was performed to evaluate the efficacy of cinnamon on menstrual cyclicity and metabolic dysfunction in women with polycystic ovarian syndrome. Inclusion criteria includes 18-38 year old women with at least two criteria of Rotterdam criteria for PCO and Low ovulation or lack of ovulation, and exclusion criteria includes pregnant or lactating women, underlying diseases and hypersensitivity to Cinnamon. In this double-blind randomized controlled clinical trial, 41 patients with PCOS were divided into two groups by blocked randomization; Intervention group received 1.5 grams of cinnamon daily, and control group received placebo for 6 months. Patients were followed at regular monthly intervals. Finally, anthropometric and laboratory parameters and the frequency of menstrual cycles and ovarian volume in cinnamon and placebo groups were compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201706162825N2**

Registration date: **2017-07-17, 1396/04/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-17, 1396/04/26

Registrant information

Name

Sepideh Peivandi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 4443 0501

Email address

speivandi@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Mazandaran University of Medical Sciences

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of Cinnamon on Menstrual Cyclicity and Metabolic Dysfunction in Women with Polycystic Ovarian Syndrome

Public title

Efficacy of Cinnamon on Menstrual Cyclicity

Purpose

Treatment

Inclusion/Exclusion criteria

*Inclusion criteria: 18-38 year old women with at least two criteria of Rotterdam criteria for PCO; Low ovulation/ lack of ovulation (oligomenorrhea/amenorrhea); Clinical or biochemical evidence of increased androgen; Sonography findings for PCO; BMI = 20-50 kg/m².

**Exclusion criteria: Pregnant or lactating women; Under treating infertility; Diagnosed diabetics under treatment; Receiving insulin-stimulating drugs at 3 months prior to participating in the study; Treatment with estrogen or progesterone 3 months prior to participating in the

study; Inhaled corticosteroid users; Patients with seizure; Cardiovascular or cerebrovascular diseases; Hypersensitivity to Cinnamon; Women who did not have the appropriate medical or psychological conditions for participation in the study; Women participated in medical research or other surgery on within 28 days.

Age

From **18 years** old to **38 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **41**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

The reason of double blinding the study is removing selective bias and effects of conflicting variables.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Mazandaran University of Medical Sciences

Street address

Valiasr Headway, Jouybar three-way, Imam Square

City

Sari

Postal code

4817844718

Approval date

2015-11-11, 1394/08/20

Ethics committee reference number

IR.MAZUMS.REC.95.2061

Health conditions studied

1

Description of health condition studied

Polycystic Ovarian Syndrome

ICD-10 code

E28.2

ICD-10 code description

Sclerocystic ovary syndrome or Stein-Leventhal syndrome

Primary outcomes

1

Description

Menstrual Cyclicity

Timepoint

Monthly

Method of measurement

History; Questionnaire

Secondary outcomes

1

Description

Metabolic Syndrome

Timepoint

After 6 months

Method of measurement

Physical exam; ELISA kit; Transvaginal sonography

Intervention groups

1

Description

In intervention group, 1.5 grams of cinnamon daily as two 250 mg capsules TDS for 6 months will be given to the patients.

Category

Treatment - Drugs

2

Description

In control group, placebo (Containing starch) daily as two 250 mg capsules TDS for 6 months will be given to the patients.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital in Sari

Full name of responsible person

Sepideh Peyvandi

Street address

Amir Mazandarani Avenue

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Mazandaran
University of Medical Sciences

Full name of responsible person

Ahmad Ali Enayati

Street address

Mazandaran University of Medical Sciences, Moallem
Square

City

Sari

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

Yes

Title of funding source

Vice Chancellor for Research of Mazandaran 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

Person responsible for general inquiries

Contact**Name of organization / entity**

Mazandaran University of Medical Sciences

Full name of responsible person

Sepideh Peyvandi

Position

Gynecologist & Infertility Fellowship / Associate
Professor

Other areas of specialty/work**Street address**

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Position

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Other areas of specialty/work**Street address**

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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