

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Oct 2026

Studying supplementation of Tarragon on glycemic condition, lipid profile, antioxidant activity and insulin intolerance in diabetes type 2 patients

Protocol summary

Study aim

Effect of Tarragon Supplementation on Glycemic Condition, Lipid Profile, Antioxidant Status and Insulin Resistance in Type 2 Diabetes patients

Design

This study is a randomized double-blind clinical trial with community-based and pragmatic control group. The sample size is 60 and the trial phase is 3

Settings and conduct

A personal profile questionnaire including entry and exit criteria will be completed, and then the height and weight measure will be taken to determine who is eligible to enter the study. Then, the eligible patients should be matched in terms of age, gender and weight and randomly assigned to each of the 30 member intervention and placebo groups. Drug and placebo will be formulated in the industrial pharmaceutical laboratory by the relevant expert in the form of capsules with the same size, color, in the packages labeled A and B. None of the patients and the researchers will know which capsule is drug or placebo; therefore, researchers and patients will be blind.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Moderate physical activity; willingness to cooperate; fasting glucose levels in the range of 140-200 mg/dl; using hypoglycemic agents Exclusion criteria: insulin use; Pregnancy and breast feeding

Intervention groups

During the intervention, patients receive about 20 mg / kg of a daily dose of Tarragon extract for a person with an average of 72 kg 1.5 g (1.5 ml in liquid form) three times in a row, after each meal of 500 Mg in 0.5 ml, dissolved in a glass of lukewarm water. The placebo group will receive mineral water in similar containers containing tarragon extract.

Main outcome variables

Blood Glucose, Total Cholesterol, Triglyceride, Insulin,

HOMA-IR, HDL, LDL, VLDL

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170822035834N3**

Registration date: **2018-03-05, 1396/12/14**

Registration timing: **retrospective**

Last update: **2018-03-05, 1396/12/14**

Update count: **0**

Registration date

2018-03-05, 1396/12/14

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3354 3190

Email address

g.houshmand@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mazandaran university of medical sciences

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2017-11-22, 1396/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Studying supplementation of Tarragon on glycemic condition, lipid profile, antioxidant activity and insulin intolerance in diabetes type 2 patients

Public title

Effect of Tarragon on type 2 diabetes

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Moderate physical activity Fasting blood glucose between 140 to 200 cooperation tendency

Exclusion criteria:

Insulin use HbA1c more than 9% or less than 6%
Pregnancy and breast feeding

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Patients are randomly assigned to the groups using random blocks and RAS computer software.

Blinding (investigator's opinion)

Double blinded

Blinding description

The drug and placebo were packed in envelopes labeled A and B so that neither the investigator nor the patient knew which one is drug or placebo until the end of the study.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Mazandaran University of Medical Sciences

Street address

Moallem square

City

Sari

Province

Mazandaran

Postal code

4847191971

Approval date

2017-07-26, 1396/05/04

Ethics committee reference number

IR.MAZUMS.REC.1396.2792

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

Diabetes

ICD-10 code

E11

ICD-10 code description

Type 2 diabetes mellitus

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

Blood sugar: type 2 diabetic people with FBS in range of 140-200 mg/dl

Timepoint

At the beginning and the end of study

Method of measurement

ELISA kit

2**Description**

HbA1c: type 2 diabetic people with HbA1c 7-9%

Timepoint

beginning and end of study

Method of measurement

ELISA kit

3**Description**

insulin: rate of insulin secretion in patients

Timepoint

At the beginning and the end of study

Method of measurement

ELISA kit

4**Description**

High Density Lipoprotein (HDL)

Timepoint

At the beginning and the end of study

Method of measurement

ELISA kit

5

Description

Low Density Lipoprotein (LDL)

Timepoint

At the beginning and the end of study

Method of measurement

ELISA kit

6

Description

Very Low Density Lipoprotein (VLDL)

Timepoint

At the beginning and the end of study

Method of measurement

ELISA kit

7

Description

Timepoint

Method of measurement

8

Description

Blood Cholesterol

Timepoint

At the beginning and the end of study

Method of measurement

ELISA kit

9

Description

Blood Triglyceride

Timepoint

At the beginning and the end of study

Method of measurement

ELISA kit

Secondary outcomes

empty

Intervention groups

1

Description

Control group: 30 subjects, capsule containing 500 mg placebo, three times a day, after each meal

Category

Treatment - Drugs

2

Description

Intervention group: 30 people, capsule containing 500 mg of powdered tarragon powder, three times a day, after each meal

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Pharmacology Laboratory of Medical School of Mazandaran University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Shiran

Street address

Payambar Azam University Complex, 18th km of Darya Road, Sari

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Email

mr.shiran@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Dr. Majid Saeedi

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Moallem Square

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Province

Mazandaran

Postal code

48175861

Phone

+98 11 3354 3082

Email

majsaeedi@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mazandaran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
Dr. Gholamreza Houshmand
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Medical Pharmacy
Street address
No 8, Zabihi buildig, Niloufar Alley, Farah Abad blvd,
Khazar Square, Sari
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Sari
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481751665
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Fax
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g.houshmand@mazums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
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Latest degree
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Person responsible for updating data

Contact

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Only part of the information, such as blood sugar, lipid profiles can be shared.

When the data will become available and for how long

6 months after result publications.

To whom data/document is available

Only for researchers working in academic and scientific institutions

Under which criteria data/document could be used

For use in wider clinical studies with the permission of the authors and citation to published article.

From where data/document is obtainable

Department of Physiology and Pharmacology, School of Medicine, Mazandaran University of Medical Sciences, Sari, Iran Tel: +989143436838
g.houshmand@mazums.ac.ir

What processes are involved for a request to access data/document

First, send a request to the respondent's email address (Dr. Gholam Reza Houshmand) and set out the purpose

for this application in order to access the documentation. Then, if you receive a response, there will be telephone and in-person interviews.

Comments