

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Aug 2026

### Clinical trial of the effect of combined magnesium and vitamin E supplementation compared with the placebo on metabolic profiles in women with gestational diabetes mellitus

#### Protocol summary

##### Study aim

Objective: The aim of this study is to determine the effects of combined magnesium and vitamin E supplementation on metabolic profiles in patients with gestational diabetes mellitus.

##### Design

Study design: Randomized double-blind placebo-controlled trial. Randomization will be done by the use of computer-generated random numbers. Patients will be assigned into two groups to receive combined vitamin E and magnesium supplement (n=30) or placebo (n=30).

##### Settings and conduct

Among patients with gestational diabetes referred to Kosar Clinic affiliated to Arak University of Medical Sciences, 60 patients will be selected according to inclusion and exclusion criteria. Participants, investigators or the assessors of the outcomes are unaware of the study groups. Supplements and placebos are similar in shape and size. Fasting blood samples will be taken at baseline and 6 weeks after the intervention. At the beginning and the end of the intervention: 6 weeks.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with gestational diabetes aged 18 to 40 years. Exclusion criteria: Taking magnesium and vitamin E supplements 3 months before the intervention, insulin therapy required during the intervention, pre-eclampsia, eclampsia, hypo and hyperthyroidism, smokers.

##### Intervention groups

Intervention group: 250 mg magnesium (21st Century, Arizona, USA) and 400 IU vitamin E (Zahravi, Tabriz, Iran) daily for 6 weeks orally. Control group: Placebo (Barij Essence, Kashan, Iran), daily for 6 weeks orally.

##### Main outcome variables

Outcomes: Markers of glycemic control (primary outcomes) and lipid profile (secondary outcomes) will be

quantified at study baseline and end-of-trial.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20170513033941N24**

Registration date: **2017-12-24, 1396/10/03**

Registration timing: **registered\_while\_recruiting**

Last update: **2019-09-15, 1398/06/24**

Update count: **1**

##### Registration date

2017-12-24, 1396/10/03

##### Registrant information

##### Name

Mohammadreza Sharif

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 5546 3378

##### Email address

ostadmohammadi-vr@kaums.ac.ir

##### Recruitment status

##### Recruitment complete

##### Funding source

##### Expected recruitment start date

2017-12-04, 1396/09/13

##### Expected recruitment end date

2017-12-28, 1396/10/07

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

Clinical trial of the effect of combined magnesium and vitamin E supplementation compared with the placebo on metabolic profiles in women with gestational diabetes mellitus

**Public title**

Effect of combined magnesium and vitamin E supplementation in treatment of women with gestational diabetes mellitus

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Inclusion criteria: Patients with gestational diabetes aged 18 to 40 years

**Exclusion criteria:**

Exclusion criteria: Taking magnesium and vitamin E supplements 3 months before the intervention Insulin therapy required during the intervention Pre-eclampsia Eclampsia Hypo and hyperthyroidism Smokers

**Age**

From **18 years** old to **40 years** old

**Gender**

Female

**Phase**

3

**Groups that have been masked**

- Participant
- Investigator
- Outcome assessor

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

To decrease potential confounding effects, all participants will have stratified randomization according to BMI (<25 and  $\geq 25$  kg/m<sup>2</sup>) and age (<30 and  $\geq 30$  y). Then, participants in each block will be randomly allocated into two treatment groups to take either supplements or placebo. Randomization will be done by the use of computer software.

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

Participants, investigators or the assessors of the outcomes are unaware of the study groups.

**Placebo**

Used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Ethics committee of Arak University of Medical Sciences

**Street address**

Sardasht Avenue, Vice chancellor for research, Arak University of Medical Sciences

**City**

Arak

**Province**

Markazi

**Postal code**

3848176941

**Approval date**

2017-12-03, 1396/09/12

**Ethics committee reference number**

IR.ARAKMU.REC.1396.215

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

Gestational diabetes mellitus

**ICD-10 code**

O24.9

**ICD-10 code description**

Unspecified diabetes mellitus in pregnancy, childbirth and the puerperium

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

Insulin

**Timepoint**

At the beginning of the study and after 6 weeks of intervention

**Method of measurement**

Elisa kit

**2****Description**

Insulin resistance

**Timepoint**

At the beginning of the study and after 6 weeks of intervention

**Method of measurement**

Calculation using HOMA formula

**Secondary outcomes****1****Description**

Total cholesterol  
**Timepoint**  
At the beginning of the study and after 6 weeks of intervention  
**Method of measurement**  
Enzymatic kit

## 2

**Description**  
Triglycerides  
**Timepoint**  
At the beginning of the study and after 6 weeks of intervention  
**Method of measurement**  
Enzymatic kit

## 3

**Description**  
HDL  
**Timepoint**  
At the beginning of the study and after 6 weeks of intervention  
**Method of measurement**  
Enzymatic kit

## 4

**Description**  
LDL  
**Timepoint**  
At the beginning of the study and after 6 weeks of intervention  
**Method of measurement**  
Enzymatic kit

## 5

**Description**  
FPG  
**Timepoint**  
At the beginning of the study and after 6 weeks of intervention  
**Method of measurement**  
Enzymatic kit

## Intervention groups

### 1

**Description**  
Intervention group: 250 mg magnesium (21st Century, Arizona, USA) and 400 IU vitamin E (Zahravi, Tabriz, Iran) daily for 6 weeks orally.  
**Category**  
Treatment - Drugs

### 2

**Description**  
Control group: Placebo (Barij Essence, Kashan, Iran), daily for 6 weeks orally.

**Category**  
Placebo

## Recruitment centers

### 1

**Recruitment center**  
**Name of recruitment center**  
Kosar Clinic  
**Full name of responsible person**  
Mehri Jamilian  
**Street address**  
Emam Khomeyni Avenue, Arak  
**City**  
Arak  
**Province**  
Markazi  
**Postal code**  
3848176941  
**Phone**  
+98 86 3417 3639  
**Email**  
mjamilian@arakmu.ac.ir

## Sponsors / Funding sources

### 1

**Sponsor**  
**Name of organization / entity**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Mohammad arjomandzadegan  
**Street address**  
Sardasht Avenue, Vice chancellor for research, Arak University of Medical Sciences  
**City**  
Arak  
**Province**  
Markazi  
**Postal code**  
3848176941  
**Phone**  
+98 86 3417 3645  
**Email**  
arjomandzadegan@arakmu.ac.ir  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Arak 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**  
Kashan University of Medical Sciences  
**Full name of responsible person**  
Zatollah Asemi  
**Position**  
Nutritionist  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Nutrition  
**Street address**  
Ghotbe Ravandi Boulevard, Kashan  
**City**  
Kashan  
**Province**  
Isfahan  
**Postal code**  
8115187159  
**Phone**  
+98 31 5546 3378  
**Fax**  
**Email**  
asemi\_z@kaums.ac.ir  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Kashan University of Medical Sciences  
**Full name of responsible person**  
Zatollah Asemi  
**Position**  
Nutritionist  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Nutrition  
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**Postal code**  
8115187159  
**Phone**

+98 31 5546 3378

**Fax**

**Email**

asemi\_z@kaums.ac.ir

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Kashan University of Medical Sciences  
**Full name of responsible person**  
Zatollah Asemi  
**Position**  
Nutritionist  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
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**Web page address**

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

### Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

### Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

### Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available