

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### The effect of short term supplementation with curcumin on antioxidant enzymes (SOD,GR, GPX , CAT)

#### Protocol summary

##### Study aim

Study of the effect of supplementation were of L-carnitine and curcumin and changes in superoxide dismutase, glutathione peroxidase, catalase and glutathione reductase enzymes through an intensity session training.

##### Design

A clinical trial is conducted in two groups using two complementary types in a simple random manner

##### Settings and conduct

First the researcher said : how to do research and describe all the details for the subjects, then satisfaction was obtained.After conducting a study of guidance and coordination with Farhangian University of Nassiba campus,participants attended the venue and the study started with their health was confirmed by the current doctor.

##### Participants/Inclusion and exclusion criteria

Lack of history of previous illness and injury, lack of susceptibility to supplements, low blood pressure, cardiovascular disease

##### Intervention groups

Two groups: Supplements of L-Carnitine and Curcumin  
An 14 aufeinanderfolgenden Tagen erhielten die Probanden Ergänzungsergänzungen. On average, 1000 mg per day of El Carnitine and Curcumin.The completion of the supplementary course, and after the implementation of the protocol Blood samples were taken And changes in enzymes were investigated

##### Main outcome variables

Creation changes At the time of the foundation and after the supplementation, after the activity:superoxide dismutase, glutathione peroxidase, catalase and glutathione reductase enzymes

#### General information

##### Reason for update

##### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20171210037809N2**

Registration date: **2018-12-19, 1397/09/28**

Registration timing: **retrospective**

Last update: **2018-12-19, 1397/09/28**

Update count: **0**

#### Registration date

2018-12-19, 1397/09/28

#### Registrant information

##### Name

farah nameni

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8843 6932

##### Email address

f.nameni@yahoo.co.uk

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2016-12-21, 1395/10/01

#### Expected recruitment end date

2017-02-18, 1395/11/30

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The effect of short term supplementation with curcumin on antioxidant enzymes (SOD,GR, GPX , CAT)

#### Public title

the effect of derivate of curcumin on immune system

#### **Purpose**

Supportive

#### **Inclusion/Exclusion criteria**

##### **Inclusion criteria:**

ALL POEPLER AFTER 17 YEARS OLD

##### **Exclusion criteria:**

#### **Age**

From **19 years** old to **25 years** old

#### **Gender**

Both

#### **Phase**

2

#### **Groups that have been masked**

- Participant

#### **Sample size**

Target sample size: **30**

#### **Randomization (investigator's opinion)**

Randomized

#### **Randomization description**

The statistical population included 254 female students of Physical Education at Farhangian University that In the last six months they had 4-3 sessions per week. Due to the applied and experimental nature of the research, from the above society, 30 people were selected by simple random method, and after filling out the health questionnaire and having appropriate indicators in the research participated and in 2 supplementation groups ( L-carnitine , corcumin) set. Entry criteria were lack of history of previous illness and injury, lack of susceptibility to supplements, low blood pressure, cardiovascular disease.

#### **Blinding (investigator's opinion)**

Single blinded

#### **Blinding description**

NARMAL

#### **Placebo**

Used

#### **Assignment**

Parallel

#### **Other design features**

### **Secondary Ids**

empty

### **Ethics committees**

#### **1**

##### **Ethics committee**

###### **Name of ethics committee**

The Ethics Committee of the Physical Education Research Institute of the Ministry of Science and Res

###### **Street address**

No. 3, 5th Alley - Abbas abad /Mir emad

###### **City**

Tehran

###### **Province**

Tehran

#### **Postal code**

1587958711

#### **Approval date**

2018-08-14, 1397/05/23

#### **Ethics committee reference number**

IR.SSRI.REC.1397.223

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

We have no illness

##### **ICD-10 code**

##### **ICD-10 code description**

### **Primary outcomes**

#### **1**

##### **Description**

Changes of the activity of glutathione peroxidase and superoxide dismutase, glutathione reductase, catalase

##### **Timepoint**

In the base / after the completion of the supplementary period / immediately after the exercise

##### **Method of measurement**

Using a special kit and an autoanalyzer device

### **Secondary outcomes**

empty

### **Intervention groups**

#### **1**

##### **Description**

Intervention group 1: curcumin 14 consecutive days, an average of 1000 mg per day curcumin. Intervention group:

##### **Category**

N/A

#### **2**

##### **Description**

Control group: without corcumin supplementation

##### **Category**

N/A

#### **3**

##### **Description**

Intervention group2: Intervention group: L- Carnitine , 14 consecutive days, an average of 1000 mg per day

##### **Category**

N/A

### **Recruitment centers**

## 1

### Recruitment center

**Name of recruitment center**

Farhangian University

**Full name of responsible person**

Farah Nameni

**Street address**

Ashrafi Esfahani / Fereshtehgan

**City**

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1463773111

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+98 21 4425 4026

**Fax****Email**

farahnameni@yahoo.com

**Web page address**

<https://nasibeh.cfu.ac.ir>

### Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Pyman Azizi

**Street address**

Sharak Nagshe Jahan/ Pishva /Varamin

**City**

Tehran

**Province**

Tehran

**Postal code**

1637876791

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+98 21 3672 5011

**Email**

info@iauvaramin.ac.ir

**Web page address**

<https://www.linkedin.com/company/iau-varamin-pishva>

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

Yes

**Title of funding source**

Islamic Azad University

**Proportion provided by this source**

1

**Public or private sector**

Private

**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**

Islamic Azad University

**Full name of responsible person**

Farah Nameni

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Sport Medicine

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### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Farah Nameni

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Others

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## Person responsible for updating data

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**Name of organization / entity**

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Farah Nameni

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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## 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**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

No - There is not a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available