

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

Tehran

Province

Tehran

Postal code

1463773111

Phone

+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

Phone

+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

Street address

Shahrak Naghshe Jahan/Pishva/Varamin

City

Tehran

Province

Tehran

Postal code

1637876791

Phone

+98 21 8843 6932

Email

info@iauvaramin.ac.ir

Web page address

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

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

Street address

Shahrak Naghshe Jahan/ Pishva/ Varamin/

City

Tehran

Province

Tehran

Postal code

1637876791

Phone

+98 21 8843 6932

Fax**Email**

f.nameni@yahoo.co.uk

Person responsible for updating data

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

Street address

Shahrak Naghshe Jahan/Pishva /Varamin

City

Tehran

Province

Tehran

Postal code

1637876791

Phone

+98 21 8843 6932

Fax**Email**

f.nameni@yahoo.co.uk

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