

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Jun 2026

### Effect of vitamin c on salivary total antioxidant capacity in healthy non-smokers

#### Protocol summary

##### Study aim

Effect of vitamin C on salivary total antioxidant capacity in healthy non-smokers

##### Design

In this study, 60 healthy non smokers who are qualified and referred to the Dental School of Rafsanjan are selected. patients are selected randomly and divided into three groups of A and B and C .

##### Settings and conduct

For the baseline activity, at least 1 mL of each patient's unstimulated saliva collect in the beginning of study. Collected saliva transfere to laboratory and place in specific microtubules immediately. To separate the squamous cells and derbies, samples centrifuge for 15 min. Then, centrifuge samples preserve at -20°C to be assessed later.

##### Participants/Inclusion and exclusion criteria

It examined on non smokers client in 25-50 years old with no systemic disease or any kind of treatment history and radiotherapy, who had gone to the Rafsanjan Dentistry College.

##### Intervention groups

group A, receive 1000 mg of vitamin C boiling tablets daily and group B receive 500 mg of boiling tablets of vitamin C per day for three weeks, and the control group does not receive any supplements.

##### Main outcome variables

salivary total antioxidant capacity

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20171203037717N2**

Registration date: **2018-02-01, 1396/11/12**

Registration timing: **retrospective**

Last update: **2018-02-01, 1396/11/12**

Update count: **0**

##### Registration date

2018-02-01, 1396/11/12

##### Registrant information

###### Name

nazanin kamyab

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 34 3428 0031

###### Email address

nazanin.kamyab@rums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2017-12-17, 1396/09/26

##### Expected recruitment end date

2017-12-21, 1396/09/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of vitamin c on salivary total antioxidant capacity in healthy non-smokers

##### Public title

Effect of vitamin C in non-smokers

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

non-smoker health

**Exclusion criteria:**

systemic disease history of chemotherapy or radiotherapy take any medications continuously during the past 3 months have nephrolithiasis take alcohol and supplements oral pathology based on clinical examination

**Age**

From **25 years** old to **50 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

Actual sample size reached: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Healthy 25-50 years old non-smoker clients of oral disease section of Rafsanjan Dentistry College for oral examination, by randomly permuted blocks of 3 to assign patients to groups of 1000 mg receiver of vitamin C , 500 mg receiver of vitamin C and control group .

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

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

empty

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

Ethics committee of rafsanjan University of Medical Sciences

**Street address**

Rafsanjan, Imam Ali Blvd, Central Office of Rafsanjan University of Medical Sciences, Building No. 3,

**City**

Rafsanjan

**Province**

Kerman

**Postal code**

7717933777

**Approval date**

2017-03-12, 1395/12/22

**Ethics committee reference number**

IR.RUMS.REC.1396.58

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

empty

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Total antioxidant capacity in healthy non-smokers

**Timepoint**

At the beginning of study and 20 days after taking vitamin c

**Method of measurement**

Total anti oxidant capacity assay kits

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group: 1000 mg boiling tablets of vitamin c each day for 20 days

**Category**

Treatment - Drugs

**2****Description**

Intervention group: 500mg boiling tablets of vitamin c each day for 20 days

**Category**

Treatment - Drugs

**3****Description**

Control group: receive no placebo

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Dentistry university of Rafsanjan

**Full name of responsible person**

nazanin kamyab

**Street address**

Western shahid mofateh Blvd, next to Ali ibn abitaleb hospital

**City**  
Rafsanjan  
**Province**  
Kerman  
**Postal code**  
7717931136  
**Email**  
nazanin.kamyab@rums.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Rafsanjan University of Medical Sciences  
**Full name of responsible person**  
nazanin kamyab  
**Street address**  
Western shahid mofateh Blvd, next to ali ibn abitaleb hospital  
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7717931136  
**Phone**  
+98 34 3428 0031  
**Email**  
dentistry@rums.ac.ir  
**Web page address**  
<http://dentistry.rums.ac.ir>

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Rafsanjan University of Medical Sciences

#### Proportion provided by this source

100

#### 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

Other

## Person responsible for general inquiries

#### Contact

**Name of organization / entity**  
Rafsanjan University of Medical Sciences  
**Full name of responsible person**  
nazanin kamyab  
**Position**  
Assistant professor  
**Latest degree**

Specialist  
**Other areas of specialty/work**  
Dentistry  
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## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Rafsanjan University of Medical Sciences  
**Full name of responsible person**  
nazanin kamyab  
**Position**  
Assistant professor  
**Latest degree**  
Specialist  
**Other areas of specialty/work**  
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## Person responsible for updating data

#### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
nazanin kamyab  
**Position**  
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**Latest degree**  
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## Sharing plan

### **Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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**

Yes - There is 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**

No - There is not a plan to make this available

### **Data Dictionary**

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

### **Title and more details about the data/document**

access to all data

### **When the data will become available and for how long**

Getting started from 2018

### **To whom data/document is available**

Researchers working in academic institutions

### **Under which criteria data/document could be used**

No other conditions required

### **From where data/document is obtainable**

nazanin.kamyab@rums.ac.ir

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

Having an organizational email and verification of the title and code of ethics recorded

### **Comments**