

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
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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
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Street address
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Phone
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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

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Position
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Person responsible for updating data

Contact

Name of organization / entity
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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