

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jun 2026

The effect of Resorator supplementation with and without exercise rehabilitation training versus no intervention on inflammatory factors and lipid profile in cardiac patients undergoing coronary artery bypass graft surgery: a randomized clinical trial

Protocol summary

Study aim

To assess the effect of Resorator supplementation with and without exercise rehabilitation training versus no intervention on inflammatory factors and lipid profile in cardiac patients undergoing coronary artery bypass graft surgery

Design

This is a randomized clinical trial, phase II, in which 40 eligible patients will be randomly assigned to three intervention groups and one control group

Settings and conduct

The eligible cardiac patients undergoing coronary artery bypass graft surgery who will refer to Farshchian Heart Hospital during the study period will be enrolled in the trial

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age of 18 to 80 years Cardiac patients undergoing coronary artery bypass graft surgery

Exclusion criteria: Cardiac angina during exercise testing

Intervention groups

Intervention group 1: Oral Resorator supplementation daily for 3 months
Intervention group 2: Physical activity consists of 5 to 10 minutes of warming and then endurance exercises including treadmill or working wheel for heart rehabilitation for 15 to 20 minutes with intensity of 50 to 70% 3 times a week for 3 months
Intervention group 3: Oral Resorator supplementation daily for 3 months plus physical activity consists of 5 to 10 minutes of warming and then endurance exercises including treadmill or working wheel for heart rehabilitation for 15 to 20 minutes with intensity of 50 to 70% 3 times a week for 3 months
Control group: Without any intervention

Main outcome variables

Primary outcome: Assessing inflammatory factors (CRP, TNF α , Interlukin-6) before intervention and 3 months

after intervention though laboratory testing
Assessing lipid profile (LDL, HDL) before intervention and 3 months after intervention though laboratory testing

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120215009014N221**

Registration date: **2018-05-21, 1397/02/31**

Registration timing: **retrospective**

Last update: **2018-05-21, 1397/02/31**

Update count: **0**

Registration date

2018-05-21, 1397/02/31

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1838 0090

Email address

poorolajal@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-10-22, 1395/08/01

Expected recruitment end date

2018-04-20, 1397/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Resoratorol supplementation with and without exercise rehabilitation training versus no intervention on inflammatory factors and lipid profile in cardiac patients undergoing coronary artery bypass graft surgery: a randomized clinical trial

Public title

The effect of Resoratorol supplementation with and without exercise rehabilitation training versus no intervention on inflammatory factors and lipid profile in cardiac patients undergoing coronary artery bypass graft surgery

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age of 18 to 80 years Cardiac patients undergoing coronary artery bypass graft surgery

Exclusion criteria:

Cardiac angina during exercise testing

Age

From **18 years** old to **80 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment of the patients to the intervention and control groups through the drawing of lots

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 Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research and Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

City

Hamadan

Province

Hamadan

Postal code

6517838695

Approval date

2016-10-18, 1395/07/27

Ethics committee reference number

IR.UMSHA.REC.1395.329

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

Cardiac patients undergoing coronary artery bypass graft surgery

ICD-10 code

I25.70

ICD-10 code description

Atherosclerosis of coronary artery bypass graft(s), unspecified, with angina pectoris

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

Assessing inflammatory factors (CRP, TNF α , Interlukin-6)

Timepoint

Before intervention and 3 months after intervention

Method of measurement

Through laboratory testing

2**Description**

Assessing lipid profile (LDL, HDL)

Timepoint

Before intervention and 3 months after intervention

Method of measurement

Through laboratory testing

Secondary outcomes

empty

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

Intervention group 1: Oral Resoratorol supplementation daily for 3 months

Category

Treatment - Drugs

2**Description**

Intervention group 2: Physical activity consists of 5 to 10 minutes of warming and then endurance exercises including treadmill or working wheel for heart rehabilitation for 15 to 20 minutes with intensity of 50 to 70% 3 times a week for 3 months

Category

Rehabilitation

3**Description**

Intervention group 3: Oral Resoratorol supplementation daily for 3 months plus physical activity consists of 5 to 10 minutes of warming and then endurance exercises including treadmill or working wheel for heart rehabilitation for 15 to 20 minutes with intensity of 50 to 70% 3 times a week for 3 months

Category

Treatment - Drugs

4**Description**

Control group: Without any intervention

Category

N/A

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

Farshchian Heart Hospital

Full name of responsible person

Dr Javad Almasi

Street address

Farshchian Heart Hospital, Shahid Fahmideh Ave.

City

Hamadan

Province

Hamadan

Postal code

6517838695

Phone

+98 81 3838 1740

Email

almasi.javad@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Dr Javad Almasi

Street address

Vice-chancellor for Research and Technology, Islamic Azad University, Hamadan Branch, Imam Khomeini Ave.

City

Hamadan

Province

Hamadan

Postal code

6518115743

Phone

+98 81 3448 1000

Email

almasi.javad@yahoo.com

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

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**

Islamic Azad University

Full name of responsible person

Dr Javad Almasi

Position

Sport Physiologist

Latest degree

Medical doctor

Other areas of specialty/work

Physiology

Street address

Islamic Azad University, Hamadan Branch, Imam Khomeini Ave.

City

Hamadan

Province

Hamadan

Postal code

6518115743

Phone

+98 81 3838 1740

Email

almasi.javad@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr Javad Almasi

Position

Sport Physiologist

Latest degree

Medical doctor

Other areas of specialty/work

Physiology

Street address

Islamic Azad University, Hamadan Branch, Imam Khomeini Ave.

City

Hamadan

Province

Hamadan

Postal code

6518115743

Phone

+98 81 3448 1000

Email

almasi.javad@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr Jalal Poorolajal

Position

Professor of Epidemiology

Latest degree

Ph.D.

Other areas of specialty/work

Epidemiology

Street address

School of Public Health, Hamadan University of Medical Sciences, Shahid Fahmideh Ave

City

Hamadan

Province

Hamadan

Postal code

6517838695

Phone

+98 81 3838 0090

Email

poorolajal@umsha.ac.ir

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