

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jun 2026

Influence of nano-iron-enriched honey supplements on ferritin status in women with iron deficiency

Protocol summary

Study aim

Evaluation of the influence of nano-iron-enriched honey supplements on ferritin status in women with iron deficiency

Design

Clinical trial with control group, community-based, with parallel groups, double blind, randomized groups

Settings and conduct

Mashhad University of Medical Sciences double blind clinical trial

Participants/Inclusion and exclusion criteria

Hemoglobin higher than 12 mg / dl and ferritin less than 15 ng / ml as non-anemic patients with iron deficiency
Age between 18 to 60 years Voluntary consent

Intervention groups

Case group received one capsule containing iron and honey (50 mg nano-elemental iron + honey) daily for 6 month and control group received one ferrous sulfate capsule in simillar shap.

Main outcome variables

Serum ferritin level Serum iron level Serum hemoglobin level

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180630040293N1**

Registration date: **2018-07-16, 1397/04/25**

Registration timing: **prospective**

Last update: **2018-07-16, 1397/04/25**

Update count: **0**

Registration date

2018-07-16, 1397/04/25

Registrant information

Name

Mohammadreza Kazemi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3250 0200

Email address

kazemimr871@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-23, 1397/05/01

Expected recruitment end date

2019-01-21, 1397/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of nano-iron-enriched honey supplements on ferritin status in women with iron deficiency

Public title

Influence of nano-iron-enriched honey supplements on ferritin

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Hemoglobin higher than 12 mg / dl and ferritin less than 15 ng / ml as non-anemic patients with iron deficiency
Age between 18 to 60 years Voluntary consent

Exclusion criteria:

Age

From **18 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample sizeTarget sample size: **60****Randomization (investigator's opinion)**

Randomized

Randomization description

Based on random permutation

Blinding (investigator's opinion)

Triple blinded

Blinding description

Intervention is unknown to the research participant, the individual who administer the treatment, and the individual who assess the outcomes.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Mashhad University of Medical Sciences

Street address

Daneshgah Ave

City

Mashhad

Province

Razavi Khorasan

Postal code

9431744551

Approval date

2017-03-04, 1395/12/14

Ethics committee reference number

IR.MUMS.sm.REC.1395.347

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

Iron defetiency

ICD-10 code

D50

ICD-10 code description

Iron deficiency anaemia

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

Serum ferritin level

Timepoint

Every three months

Method of measurement

questionnaire

2**Description**

Serum iron level

Timepoint

Every three months

Method of measurement

questionnaire

3**Description**

Serum hemoglobin level

Timepoint

Every three months

Method of measurement

questionnaire

Secondary outcomes**1****Description**

Drug side effects

Timepoint

Every three months

Method of measurement

questionnaire

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

Intervention group: Received one capsule containing iron and honey (50 mg nano-elemental iron + honey) daily for 6 month

Category

Treatment - Drugs

2**Description**

Control group: Received one ferrous sulfate capsule in simillar shap, daily for 6 month

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Isar clinic of Mashhad University of Medical Sciences

Full name of responsible person

Abolghasem Allahyari

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Daneshgah Ave

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Phone

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Email

AllahyariA@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mrs. Esmati

Street address

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91735951

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vcresearch@mums.ac.ir

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

Yes

Title of funding source

Mashhad University of Medical Sciences

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

Mashhad University of Medical Sciences

Full name of responsible person

Parmis Momtaz

Position

resident

Latest degree

Medical doctor

Other areas of specialty/work

Internal Medicine

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Abolghasem Allahyari

Position

Associate professor

Latest degree

Subspecialist

Other areas of specialty/work

Hematology

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Person responsible for updating data

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Abolghasem Allahyari

Position

Associate professor

Latest degree

Subspecialist

Other areas of specialty/work

Hematology

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Sharing will be done after the end of the study

When the data will become available and for how long

Start of access from the second half of 1398

To whom data/document is available

for all.

Under which criteria data/document could be used

For studying and teaching

From where data/document is obtainable

Email

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

Email

Comments