# 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**
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**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 size**
Target 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
**Street address**
Daneshgah Ave
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## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Mashhad University of Medical Sciences
**Full name of responsible person**
Mrs. Esmati
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Daneshgah Ave
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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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Daneshgah Ave. Imam Reza Hospital
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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
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Hematology
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## Person responsible for updating data

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**Latest degree**
Subspecialist
**Other areas of specialty/work**
Hematology
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**Phone**
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**Email**
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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**