

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 2026

### Comparison of the effect a period of consumption Allicin and Silybum Marianum supplementation with four weeks wrestling selective training on some of the antioxidant and oxidative indicators in trained wrestlers

#### Protocol summary

##### Study aim

Comparison of the effect a period of consumption Allicin and Silybum Marianum supplementation with four weeks wrestling selective training on some of the antioxidant and oxidative indicators in trained wrestlers

##### Design

33 wrestlers of the Qom province in the age group of youth, 33 wrestlers in Qom, who have at least five years of continuous training experience and at least one title in the province have won the title Purposeful and voluntary will be selected. Then, they were randomly divided into 3 groups: Allicin Exercise + Supplement (11 subjects), Group 2 Exercise + Supplementation of silybium maryanum (n = 11) and Exercise + Placebo Starch (n = 11). A clinical trial with a control group, with parallel groups, two Blind, randomized

##### Settings and conduct

33 wrestlers in Qom, who have at least five years of continuous training experience and at least one title in the province have won the title Purposeful and voluntary will be selected.. two Blind(Participant, researcher).

##### Participants/Inclusion and exclusion criteria

Wrestlers who have had a continuous training record of at least five years. At least one championship title has been gained at the provincial level.

##### Intervention groups

Intervention group: first, 24 hours after blood sampling, the subjects received 3 tablets 300 mg containing 1/1 gram of allicin for one month each day made in Isfahan Pharmaceutical Company. Pills will be put in powder form in the capsule. Intervention group: second, 24 hours after blood sampling, the subjects received 3 tablets containing 140 mg of silybium maryanum for one month each day made in Isfahan Pharmaceutical Company. Pills will be put in powder form in the capsule Control group:Third, 24 hours after blood sampling, the subjects received 3 tablets containing Starch. Pills will be put in

powder form in the capsule

##### Main outcome variables

MDA,SOD,TAC

#### General information

##### Reason for update

##### Acronym

SOD,MDA,TAC

##### IRCT registration information

IRCT registration number: **IRCT20180705040351N1**

Registration date: **2018-07-17, 1397/04/26**

Registration timing: **prospective**

Last update: **2018-07-17, 1397/04/26**

Update count: **0**

##### Registration date

2018-07-17, 1397/04/26

##### Registrant information

##### Name

Mohammad Hassani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 25 3665 2981

##### Email address

e-shahmansouri@iau-arak.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-07-23, 1397/05/01

##### Expected recruitment end date

2018-08-06, 1397/05/15

##### Actual recruitment start date

empty

**Actual recruitment end date**  
empty

**Trial completion date**  
empty

**Scientific title**  
Comparison of the effect a period of consumption Allicin and Silybum Marianum supplementation with four weeks wrestling selective training on some of the antioxidant and oxidative indicators in trained wrestlers

**Public title**  
The effect Allicin and Silybum Marianum supplementation on some of the antioxidant and oxidative indicators

**Purpose**  
Prevention

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Wrestlers who have had a continuous training record of at least five years. At least one championship title has been gained at the provincial level.  
**Exclusion criteria:**

**Age**  
From **15 years** old to **20 years** old

**Gender**  
Male

**Phase**  
4

**Groups that have been masked**

- Participant
- Investigator

**Sample size**  
Target sample size: **33**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
First, it is purposeful and selective and then randomly

**Blinding (investigator's opinion)**  
Double blinded

**Blinding description**  
Prior to the commencement of the study, supplementary canisters and placebo can be marked by a person other than the researcher so that the knowledge of the researcher and the learners about the type of capsules received is not taken into consideration. The supplement and placebo will be administered under the supervision of the same person (he is a doctor). Which also monitors the subjects.

**Placebo**  
Used

**Assignment**  
Parallel

**Other design features**

**Secondary Ids**  
empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Institutional Research Ethics Committee Islamic Azad University Boroujerd-Branch

##### Street address

Navab Square, Imam Khomeini Complex (Imam Khomeini), Borujerd Town

##### City

Arak

##### Province

Markazi

##### Postal code

6915136335

#### Approval date

2018-06-08, 1397/03/18

#### Ethics committee reference number

IR.IAU.B.REC.1397.009

## Health conditions studied

### 1

#### Description of health condition studied

antioxidant and oxidative indicators

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Compare differences in the values of SOD change in different groups

#### Timepoint

At the beginning of the study (before the intervention) and one month after taking supplements and exercise ( one hour after training, 24 hours (fasting) and 36 (fasting).

#### Method of measurement

Spectrophotometer made in USA, centrifuge(hermel z310- germany), The kits and chemicals required will also be supplied by Iran's Navand Salamat Company.

### 2

#### Description

Compare differences in the values of MDA change in different groups

#### Timepoint

At the beginning of the study (before the intervention) and one month after taking supplements and exercise ( one hour after training, 24 hours (fasting) and 36 (fasting).

#### Method of measurement

Spectrophotometer made in USA, Water bath made in Iran, centrifuge(hermel z310- germany), The kits and chemicals required will also be supplied by Iran's Navand

Salamat Company.

Placebo

### 3

#### **Description**

Compare differences in the values of TAC change in different groups

#### **Timepoint**

At the beginning of the study (before the intervention) and one month after taking supplements and exercise (one hour after training, 24 hours (fasting) and 36 (fasting).

#### **Method of measurement**

Spectrophotometer made in USA, centrifuge(hermel z310- germany), The kits and chemicals required will also be supplied by Iran's Navand Salamat Company.

## **Secondary outcomes**

### 1

#### **Description**

Score Muscle soreness

#### **Timepoint**

At the beginning of the study (before the intervention) and one month after taking supplements and exercise (one hour after training, 24 hours (fasting) and 36 (fasting).

#### **Method of measurement**

Borg Pain Questionnaire

## **Intervention groups**

### 1

#### **Description**

Intervention group: first, 24 hours after blood sampling, the subjects received 3 tablets 300 mg containing 1/1 gram of allicin for one month each day made in Isfahan Pharmaceutical Company. Pills will be put in powder form in the capsule.

#### **Category**

Prevention

### 2

#### **Description**

Intervention group: second, 24 hours after blood sampling, the subjects received 3 tablets containing 140 mg of silybium maryanum for one month each day made in Isfahan Pharmaceutical Company. Pills will be put in powder form in the capsule.

#### **Category**

Prevention

### 3

#### **Description**

Control group:Third, 24 hours after blood sampling, the subjects received 3 tablets containing Starch. Pills will be put in powder form in the capsule.

#### **Category**

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Qom province clubs

##### **Full name of responsible person**

Mohammad Hassani

##### **Street address**

Qom- Pardisan - Islamic Azad University of Qom

##### **City**

Qom

##### **Province**

Ghoum

##### **Postal code**

۳۷۴۹۱۱۳۱۹۱

##### **Phone**

+98 25 3665 2981

##### **Email**

msv.55.hasani@gmail.com

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Islamic Azad University

##### **Full name of responsible person**

Mohammad Reza Moazami Goodarzi

##### **Street address**

Navab Square, Imam Khomeini Complex (Imam Khomeini), Borujerd Town

##### **City**

Broujerd

##### **Province**

Lorestan

##### **Postal code**

6915136335

##### **Phone**

+98 66 4251 8001

##### **Email**

msv.55.hasani@gmail.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**

1

#### **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

Academic

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Mohammad Hassani

**Position**

Sessional instructor

**Latest degree**

Master

**Other areas of specialty/work**

Sport physiology

**Street address**

Qom- Pardisan - Islamic Azad University of Qom

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**Postal code**

3749113191

**Phone**

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**Fax****Email**

msv.55.hasani@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Mohammad Hassani

**Position**

Sessional instructor

**Latest degree**

Master

**Other areas of specialty/work**

Sport physiology

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Mohammad Hassani

**Position**

Sessional instructor

**Latest degree**

Master

**Other areas of specialty/work**

Sport physiology

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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**

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

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

By giving the resources to all people is allowed.

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

Next 3 months

**To whom data/document is available**

By giving the resources to all people is allowed.

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

By giving the resources to all people is allowed.

**From where data/document is obtainable**

Email researcher

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

Send an email to the researcher

**Comments**