# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

14 Sep 2026

## The effect of curcumin, coenzyme Q10 and their combined effects on metabolic syndrome components in soldiers with metabolic syndrome

### Protocol summary

**Study aim**
The effect of Curcumin, Coenzyme Q10 and Their Combinations on Metabolic Syndrome Components in soldiers with Metabolic Syndrome

**Design**
this study was performed as randomized, parallel controlled clinical trial on 88 patients with Metabolic Syndrome

**Settings and conduct**
this study was performed as randomized, parallel controlled clinical trial on 88 patients with Metabolic Syndrome. In this study, while receiving written informed consent from patients, participants were blinded to receiving drugs and placebo.

**Participants/Inclusion and exclusion criteria**
The age range for the current study is between 30 and 50 years, and based on the age range of 30 to 50 years old, IDF has a waist circumference of more than 94 cm and 2 criteria of 4 The following criteria will be diagnosed with metabolic syndrome: fasting blood glucose greater than 100 mg / dL, triglyceride greater than 150 mg / dL, blood pressure greater than 130/85 mm Hg, and lower HDL From 40 mg / dl

**Intervention groups**
Patients were divided into three groups of intervention and one contorol group. The intervention group with curcumin, The intervention group with CoQ10, The intervention group with curcumin and CoQ10 and placebo group

**Main outcome variables**
indicators of profail lipidi(tg-chol-hdl-ldl) indicators of antropometric(bmi-waist-wighet) fasting blood suger blood perser systolic ,blood perser diystolic

### General information

**Reason for update**
**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT20180201038585N2**
Registration date: **2018-09-21, 1397/06/30**
Registration timing: **registered_while_recruiting**

Last update: **2018-09-21, 1397/06/30**
Update count: **0**

**Registration date**
2018-09-21, 1397/06/30

**Registrant information**
**Name**
Karim Parastouei
**Name of organization / entity**
**Country**
Iran (Islamic Republic of)
**Phone**
+98 21 8248 3516
**Email address**
parastouei@bmsu.ac.ir

**Recruitment status**
**Recruitment complete**
**Funding source**

**Expected recruitment start date**
2018-07-19, 1397/04/28
**Expected recruitment end date**
2018-12-28, 1397/10/07
**Actual recruitment start date**
2018-07-23, 1397/05/01
**Actual recruitment end date**
2019-01-21, 1397/11/01
**Trial completion date**
empty

**Scientific title**
The effect of curcumin, coenzyme Q10 and their combined effects on metabolic syndrome components in soldiers with metabolic syndrome

**Public title**

Effect of curcumin, coenzyme Q10 and their combined effects on metabolic syndrome components in soldiers with metabolic syndrome

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

age: 30 -50 years military personnel with metabolic syndrome

**Exclusion criteria:**

the use of statins in the last 3 months having a history of cardiovascular disease morbility liver, kidney Consumption alcohol and smoking supplementation and certain drugs people who have taken less than 80% of the capsules containing curcumin, quinidine Q10 and placebo.

**Age**

From **30 years** old to **50 years** old

**Gender**

Male

**Phase**

3

**Groups that have been masked**

- Participant
- Care provider
- Investigator
- Outcome assessor

**Sample size**

Target sample size: **88**

Actual sample size reached: **88**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Simple random method has been used

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

Intervention and randomization through a random allocation list was made by a member of the research team as the only non-blind person to be assigned. Other team members (including team leader and study cordinator) as well as all participants, were randomly allocated to blind groups and remained blind until the end of the study.

**Placebo**

Used

**Assignment**

Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

Ethics committee of bahgeyatlah University of Medical Sciences

**Street address**

Vanak - Mulla Sadra Street

**City**

Tehran

**Province**

Tehran

**Postal code**

1435916471

**Approval date**

2018-06-30, 1397/04/09

**Ethics committee reference number**

IR.Bmsu.rec.1397.449

## Health conditions studied

### 1

**Description of health condition studied**

Metabolic syndrome

**ICD-10 code**

E00-E90

**ICD-10 code description**

Endocrine, nutritional and metabolic diseases

## Primary outcomes

### 1

**Description**

waist circumferefnce

**Timepoint**

before intervention and end of intervention

**Method of measurement**

measuring tape

### 2

**Description**

fasting blood sugar

**Timepoint**

before intervention and end of intervention

**Method of measurement**

lab kit

### 3

**Description**

Triglyceride

**Timepoint**

before intervention and end of intervention

**Method of measurement**

lab kit

### 4

**Description**

cholesterol

**Timepoint**

before intervention and end of intervention

**Method of measurement**

lab kit

**5**

**Description**
blood presure
**Timepoint**
before intervention and end of intervention
**Method of measurement**
sphygmomonometer

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group: 1, curcumine 500mg, Every other day, Karen co.
**Category**
Treatment - Drugs

**2**

**Description**
Intervention group: 2, CoQ10, 60mg, once a ,day , nature made
**Category**
Treatment - Drugs

**3**

**Description**
Intervention group:3, combination of (curcumine 500mg, Every other day, CoQ10, 60mg, once a ,day)
**Category**
Treatment - Drugs

**4**

**Description**
Control group: placebo
**Category**
Placebo

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Department of Health, Assistance and Treatment of Police
**Full name of responsible person**
javad mirahmadi
**Street address**
Department of Health, Assistance and Treatment of Police, Enghelab square, Tehran, Iran
**City**
Tehran
**Province**
Tehran
**Postal code**
1435915371
**Phone**
+98 21 6398 2262
**Email**
javadmirahmadinut@gmail.com

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Bagheiat-allah University of Medical Sciences
**Full name of responsible person**
Dr. Alishir
**Street address**
Mollasadra St, Vanak Sq, Tehran
**City**
Tehran
**Province**
Tehran
**Postal code**
1435915371
**Phone**
+98 21 8248 3516
**Email**
javadmirahmadinut@gmail.com
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Bagheiat-allah 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**
Bagheiat-allah University of Medical Sciences
**Full name of responsible person**
karim parastouei
**Position**
Associate professor
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Nutrition

**Street address**
Street Vanak - Mulla Sadra Street
**City**
Tehran
**Province**
Tehran
**Postal code**
1435916471
**Phone**
+98 21 8248 3264
**Email**
karimparastouei@gmail.com

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Bagheiat-allah University of Medical Sciences
**Full name of responsible person**
karim parastouei
**Position**
Associate professor
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Nutrition
**Street address**
27/5000 ترجمه خیابان ونک - خیابان ملاصدرا Street Vanak - Mulla Sadra Street
**City**
Tehran
**Province**
Tehran
**Postal code**
1435916471
**Phone**
+98 21 8248 3264
**Email**
karimparastouei@gmail.com

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Bagheiat-allah University of Medical Sciences
**Full name of responsible person**
karim parastouei
**Position**
Associate professor
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Nutrition
**Street address**
Street Vanak - Mulla Sadra Street
**City**
Tehran
**Province**
Tehran
**Postal code**
1435916471
**Phone**
+98 21 8248 3264
**Email**
karimparastouei@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
No - There is not a plan to make this available
**Justification/reason for indecision/not sharing IPD**
Because of the confidentiality of the information on the civilians
**Study Protocol**
No - There is not a plan to make this available
**Statistical Analysis Plan**
No - There is not a plan to make this available
**Informed Consent Form**
No - There is not a plan to make this available
**Clinical Study Report**
No - There is not a plan to make this available
**Analytic Code**
No - There is not a plan to make this available
**Data Dictionary**
No - There is not a plan to make this available