

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of cinnamon supplementation on some blood biochemical parameters in Non-Insulin Dependent Type 2 Diabetes.

Protocol summary

Summary

The aim of present study was to investigate the effects of supplementation of cinnamon on some blood biochemical parameters among type2 diabetics. 60 subjects from both sexes with type2 diabetes were assigned to receive 3 capsules each contained 500 mg of cinnamon powder for 2 months in the intervention group or placebo in the control group. The participants were supposed not to change their diet, medicine, or daily activity during the study period. Fasting blood glucose, lipid profile, glycosylated hemoglobin, insulin, and insulin resistance were measured at the baseline and at the end of intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138811133253N1**

Registration date: **2010-04-15, 1389/01/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-04-15, 1389/01/26

Registrant information

Name

Parvin Dehghan

Name of organization / entity

Tabriz MedicalScience University

Country

Iran (Islamic Republic of)

Phone

+98 937 139 5660

Email address

bahrampg@yahoo.com

Recruitment status

Recruitment complete

Funding source

Student Research Center, Tabriz University of Medical Sciences

Expected recruitment start date

2009-01-01, 1387/10/12

Expected recruitment end date

2010-01-01, 1388/10/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cinnamon supplementation on some blood biochemical parameters in Non-Insulin Dependent Type 2 Diabetes.

Public title

The effect of cinnamon supplementation on some blood biochemical parameters in Non-Insulin Dependent Type 2 Diabetes.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Consumption of anti hyperglycemic agents, not receiving any other drug, fasting blood glucose within the range of 140- 400mg/dl, moderate daily activity, Exclusion criteria: Pregnancy, consumption of Cinnamun, receiving insulin

Age

From **1 year** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tabriz Medical University

Street address

Tabriz-Goulbad-University Ave.

City

Tabriz

Postal code

Approval date

2009-11-17, 1388/08/26

Ethics committee reference number

8811

Health conditions studied

1

Description of health condition studied

Type 2 Diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

blood glucose

Timepoint

Baseline and at the end of trial

Method of measurement

Auto-analyzer

2

Description

Lipid profile

Timepoint

Baseline and at the end of trial

Method of measurement

Auto-analyzer

3

Description

level of glycosylated hemoglobin

Timepoint

Baseline and at the end of trial

Method of measurement

HPLC

4

Description

Serum insulin level

Timepoint

Baseline and at the end of trial

Method of measurement

Chemoluminescence

5

Description

Insulin Resistance

Timepoint

Baseline and at the end of trial

Method of measurement

(Insulin*Glucose)/405

Secondary outcomes

empty

Intervention groups

1

Description

Cinnamon supplementation, 1.5 gr daily, three capsules for 2 months

Category

Treatment - Drugs

2

Description

weight flour supplementation, 1.5 gr daily, three capsules for 2 months

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Sina endocrinology center

Full name of responsible person

Hossein Khadem Haghighian

Street address

City

Tabriz

Postal code

Phone

+98 41 1335 7580

Fax

Email

khademnut@yahoo.com

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Student Research Center, Tabriz University of Medical Sciences

Full name of responsible person

Hossein Khadem Haghighian

Street address

No..8, Ghods ave.

City

Tabriz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Student Research Center, Tabriz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Hossein khadem Haghighian

Position

Bachelor of Science

Other areas of specialty/work

Street address

Gholgasht ave, Tabriz

City

Tabriz

Person responsible for scientific inquiries

Contact

Name of organization / entity

Student Research Senter, Tabriz University of Medical Sciences

Full name of responsible person

Hossein khadem Haghighian

Position

Nutritionist

Other areas of specialty/work

Street address

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+98 41 1335 7580

Fax

Email

khademnut@yahoo.com

Web page address

Person responsible for updating data

Contact

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty