

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jun 2026

Effect of cinnamon supplementation on metabolic status and serum adiponectin levels in patients with Polycystic Ovary Syndrome

Protocol summary

Summary

Objective of study: To Determine the effect of cinnamon on metabolic status and serum levels of adiponectin in patients with polycystic ovarian syndrome. Study design: Random, double blind, Control with Placebo. Study population: Patients with Polycystic Ovarian Syndrome will be divided randomly into 2 intervention :1 -Cinnamon (receive 3 capsules containing 500 mg); 2-Placebo (receive 3 capsules containing 500 mg) for 2 months. Inclusion criteria: Female:20-38 years old, $25 \leq \text{BMI} < 40$; At least two standard measurement of amenorrhea or oligomenorrhea; Clinical or laboratory hyperandrogenism and Polycystic Ovary on ultrasonography . Exclusion criteria: Thyroid disorders; Hyperprolactinemia, Cushing's syndrome; Liver and kidney diseases; Cardiovascular disease; High blood pressure and diabetes; Pregnant and lactation women; Consumers of anti-obesity and blood lipid-lowering drugs; Anticoagulants and glucocorticoids drugs; Loss weight diet; Smokers; Very active and athletes ; Allergic to cinnamon; Seizure and epilepsy disorders ; Cerebrovascular disorders; Individuals undergoing infertility treatments and beta-blockers. Sample size: 84 patients (42 patients in 2 groups). Study interventions: Cinnamon. Interventional duration: 8weeks. Primary outcome: The effect of supplements on metabolic status and serum levels of adiponectin.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201508173664N14**
Registration date: **2015-09-22, 1394/06/31**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-09-22, 1394/06/31

Registrant information

Name

Maryam Rafrat

Name of organization / entity

Tabriz University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1335 7580

Email address

rafratm@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of cinnamon supplementation on metabolic status and serum adiponectin levels in patients with Polycystic Ovary Syndrome

Public title

Effect of cinnamon supplementation in patients with Polycystic Ovary Syndrome

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Female:20-38 years old, $25 \leq \text{BMI} < 40$;

At least two standard measurement of amenorrhea or oligomenorrhea; Clinical or laboratory hyperandrogenism and polycystic ovary on ultrasonography . Exclusion criteria: Thyroid disorders; Hyperprolactinemia, Cushing's syndrome; Liver and kidney diseases; Cardiovascular disease; High blood pressure and diabetes; Pregnant and lactation women; Consumers of anti-obesity and blood lipid-lowering drugs; Anticoagulants and glucocorticoids drugs; Loss weight diet; smokers; Very active and athletes; Allergic to cinnamon; Seizure and epilepsy disorders ; Cerebrovascular disorders; Individuals undergoing infertility treatments and beta-blockers.

Age

From **20 years** old to **38 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **84**

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**

Ethics committee of Tabriz University of Medical Science

Street address

Tabriz University of Medical Science, Nutrition Faculty, Attar Neyshabari, Goldasht street, Tabriz, Iran

City

Tabriz

Postal code**Approval date**

2015-08-16, 1394/05/25

Ethics committee reference number

TBZMED.REC.1394.438

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

Polycystic Ovarian Syndrome

ICD-10 code

E28.2

ICD-10 code description

Polycystic Ovarian Syndrome

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

Metabolic status

Timepoint

Beginning and end of the intervention

Method of measurement

Serum kit

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

Serum level of adiponectin

Timepoint

Beginning and end of the intervention

Method of measurement

Serum kit

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

Intervention1: 3capsuls of 500 mg cinnamon daily for 8 weeks.

Category

Treatment - Drugs

2**Description**

Intervention 2: Plasebo: 3 capsule 500 mg daily, 8 weeks

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Alghadir hospital

Full name of responsible person

Azam Borzoie

Street address

Alghadir hospital, Hengam street, Resalat Highway, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Science

Full name of responsible person

Azam Borzoie

Street address

Tabriz University of Medical Science, Nutrition Faculty, Attar Neyshabori, Goldasht street, Tabriz, Iran

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz University of Medical Science

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

Nutrition faculty, Tabriz University of Medical Science

Full name of responsible person

Azam Borzoie

Position

Master of Health Sciences in Nutrition

Other areas of specialty/work

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Position

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Other areas of specialty/work

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Web page address

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