Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

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

Protocol summary

Summary

Objection 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≤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 effec 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 Rafraf
Name of organization / entity
Tabriz University Of Medical Sciences
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Iran (Islamic Republic of)
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+98 41 1335 7580
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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≤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 wieght 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 Neyshabori, 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
Begining and end of the intervention

Method of measurement
Serum kit

Secondary outcomes

1

Description
Serum level of adiponectin

Timepoint
Beginig anf 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
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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
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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