

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Effects of ω 3-fatty acid supplement on blood vascular and systemic inflammation markers, oxidative stress , hematologic indices and Lp(a) in hemodialysis patients

Protocol summary

Summary

The present study was designed to investigate the effects ω 3-fatty acid supplement on blood vascular and systemic inflammation markers, Lp(a), oxidative stress and hematologic indices in hemodialysis patients. In this double-blind randomized clinical trial, 40 hemodialysis patients were randomly assigned to either ω 3-fatty acid or placebo group. The patients in the ω 3-fatty acid supplement group received 2080 mg ω 3-fatty acid as 4 capsules, each containing 310 mg eicosapentaenoic acid and 210 mg docosahexaenoic acid, daily for 10 weeks, while the placebo group received 4 corresponding placebo capsules containing MCT oil. Hb, Mct, RBC, MCV, MCH, MCHC and serum ICAM-1 were compared between two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138901263719N1**

Registration date: **2008-05-01, 1387/02/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2008-05-01, 1387/02/12

Registrant information

Name

akram kooshki

Name of organization / entity

Sabzevar university of medical science

Country

Iran (Islamic Republic of)

Phone

+98 57 1264 4063

Email address

pajouhesh@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Institute of nutrition science and food technology

Expected recruitment start date

2008-05-01, 1387/02/12

Expected recruitment end date

2008-10-01, 1387/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of ω 3-fatty acid supplement on blood vascular and systemic inflammation markers, oxidative stress , hematologic indices and Lp(a) in hemodialysis patients

Public title

Effects of ω 3-fatty acid supplement on blood vascular and systemic inflammation markers, oxidative stress , hematologic indices and Lp(a) in hemodialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Agreeing to enrol , at least six month past haemodialysis. Exclusion criteria: No infectious diseases, hepatic diseases, Lupus and rheumatoid arthritis, BMI<18.5 or BMI>25, consuming any the drugs including steroid, NSAID, statins, estrogens, progesterone, niacin and E or C vitamins one month prior to the study

Age

No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

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

Institute Nurition Science and Food Technology

Street address

Institute Nurition Science and Food Technology

City

Tehran

Postal code

Approval date

empty

Ethics committee reference number

125

Health conditions studied

1

Description of health condition studied

hemodialyzed patient in Sabzevar

ICD-10 code

Y84.1

ICD-10 code description

Kidney dialysis

Primary outcomes

1

Description

Blood hematological indices such as Hb, Hct, RBC, MCV, MCH, MCHC

Timepoint

10 weeks after consumption of Omega 3 supplement

Method of measurement

cell counter

Secondary outcomes

1

Description

Intercellular Adhesion Molecule - ICAM-1

Timepoint

10 weeks

Method of measurement

EIISA

Intervention groups

1

Description

The placebo group received 4 corresponding placebo capsules containing MCT oil

Category

Placebo

2

Description

ω3-fatty acid supplement group received 2080 mg ω3-fatty acid as 4 capsules, each containing 310 mg eicosapentaenoic acid and 210 mg docosahexaenoic acid, daily for 10 weeks

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Sabzevar Vasei hospital

Full name of responsible person

Mrs. Dowlatabadi

Street address

Sabzevar Vasei hospital

City

Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Institute of Nurition Science

Full name of responsible person

Frogh Azam Taleban

Street address

Institute of Nurition Science

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Institute of Nutrition 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

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Full name of responsible person

Forogh Azam Taleban

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Professor

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