Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effects of ω3-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 ω3-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 ω3-fatty acid or placebo group. The patients in the 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, 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

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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 ω3-fatty acid supplement on blood vascular and systemic inflammation markers, oxidative stress , hematologic indices and Lp(a) in hemodialysis patients

Public title

Effects of ω3-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

Institude Nurition Science and Food Technology

Street address

Institude 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

ElISA

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 Nurition 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