

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

The effect of boiled garlic and Shirazi lemon on blood lipids in hyperlipidemic patients

Protocol summary

Study aim

The effect of boiled garlic and Shirazi lemon on blood lipids in hyperlipidemia patients

Design

Before and after clinical trial Twenty-eight patients with hyperlipidemia in one group

Settings and conduct

This study will be conducted on patients with hyperlipidemia in Gonabad, Iran. The intervention includes 30 cc boiled garlic and lemon which will be taken by the patients in each meal for 3 weeks. Then, after one week wash-out period, the intervention will be repeated. Measuring blood lipids will be done before intervention, three weeks after the intervention, and at the end of the intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1- Over 18 years old 2- with hyperlipidemia 3- Resident of Gonabad 4- Willing to participate in the study Exclusion criteria: 1- Peptic ulcer 2- Indigestion 3- Gastrointestinal inflammatory diseases 4- Sensitivity to boiled garlic and lemon 5- Having Other chronic diseases

Intervention groups

Thirty cc boiled garlic and lemon will be taken by the patients in each meal for 3 weeks. Then, after one week wash-out period, the intervention will be repeated.

Main outcome variables

Cholesterol; triglyceride; LDL; HDL

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190317043076N1**

Registration date: **2019-07-13, 1398/04/22**

Registration timing: **retrospective**

Last update: **2019-07-13, 1398/04/22**

Update count: **0**

Registration date

2019-07-13, 1398/04/22

Registrant information

Name

Hosein Ajamzibad

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5722 3028

Email address

ajam.h@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2014-04-04, 1393/01/15

Expected recruitment end date

2014-09-21, 1393/06/30

Actual recruitment start date

2014-04-21, 1393/02/01

Actual recruitment end date

2014-11-21, 1393/08/30

Trial completion date

2015-01-20, 1393/10/30

Scientific title

The effect of boiled garlic and Shirazi lemon on blood lipids in hyperlipidemic patients

Public title

The effect of boiled garlic and lemon on blood lipids

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Willing to participate in the study Resident of Gonabad

Having hyperlipidemia Over 18 years old

Exclusion criteria:

Peptic ulcer Indigestion Gastrointestinal inflammatory diseases Sensitivity to boiled garlic and lemon Having other chronic diseases

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

Actual sample size reached: **28**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Gonabad University of Medical Sciences

Street address

Next to the Asian Road, Deputy for Research, Gonabad University of Medical Sciences, Gonabad, Iran

City

Gonabad

Province

Razavi Khorasan

Postal code

96917-93718

Approval date

2014-03-12, 1392/12/21

Ethics committee reference number

GMU.REC.1392.81

Health conditions studied

1

Description of health condition studied

Hyperglycemia

ICD-10 code

E78.2

ICD-10 code description

Mixed hyperlipidemia

Primary outcomes

1

Description

Level of blood cholesterol

Timepoint

Before intervention; three weeks after the intervention, and at the end of the intervention

Method of measurement

Autoanalyser: BT3000 PLUS

2

Description

Level of blood triglyceride

Timepoint

Before intervention; three weeks after the intervention, and at the end of the intervention

Method of measurement

Autoanalyser: BT3000 PLUS

3

Description

Level of blood LDL

Timepoint

Before intervention; three weeks after the intervention, and at the end of the intervention

Method of measurement

Autoanalyser: BT3000 PLUS

4

Description

Level of blood LDL

Timepoint

Before intervention; three weeks after the intervention, and at the end of the intervention

Method of measurement

Autoanalyser: BT3000 PLUS

Secondary outcomes

empty

Intervention groups

1

Description

Thirty cc boiled garlic and lemon will be taken by the patients in each meal for 3 weeks. Then, after one week wash-out period, the intervention will be repeated.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

22 Bahman hospital

Full name of responsible person

Hadi Sajjadi

Street address

Naserkhosro

City

Gonabad

Province

Razavi Khorasan

Postal code

9691844177

Phone

+98 51 5722 9012

Email

info@gmu.ac.ir

Web page address

<http://www.gmu.ac.ir/Index.aspx?tempname=BimarestanBohloul&lang=1&sub=0&epageld=480810>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Shahla Khosravan

Street address

Next to the Asian Road

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Email

khosravan@gmu.ac.ir

Web page address

http://res.gmu.ac.ir/Index.aspx?page_=form&lang=1&sub=21&tempname=research&PageID=484607

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Gonabad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact**Name of organization / entity**

Gonabad University of Medical Sciences

Full name of responsible person

Tahere Baloochi Beydokhti

Position

Faculty member (Instructor)

Latest degree

Master

Other areas of specialty/work

Nursery

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<https://scholar.google.com/citations?user=BSelIq4AAAJ&hl=en&oi=ao>

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Gonabad University of Medical Sciences

Full name of responsible person

Hosein Ajamzibad

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursing

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Person responsible for updating data

Contact

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Hosein Ajamzibad

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Geriatrics

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

The data file does not add any information to science.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The entire data is potentially shared after being coded.

When the data will become available and for how long

Access onset will be 6 months after the publication of results.

To whom data/document is available

The data will only be available to researchers working in academic and scientific institutions.

Under which criteria data/document could be used

No limitation.

From where data/document is obtainable

Gonabad University of Medical Sciences

What processes are involved for a request to access data/document

Applying to the deputy of research at Gonabad University of Medical Sciences and following the legal procedure

Comments