Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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)
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+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

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info@gmu.ac.ir

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http://www.gmu.ac.ir/Index.aspx?tempname=BimarestanBohlool&lang=1&sub=0&epageId=480810

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gonabad University of Medical Sciences

Full name of responsible person
Shahla Khosravan

Street address
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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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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

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Full name of responsible person

Hosein Ajamzibad

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Geriatrics

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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