

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effects of Poleium Teucrium supplementation and a course selected exercise on chylomicron, HDL and KCL on military men 20-25 years old

Protocol summary

Study aim

The overall aim of this study was to investigate the effects of a selected exercise period on serum chylomicron, HDL and KCL in military men aged 20-25 years.

Design

Clinical trial / control group / with parallel / one blind / randomized groups

Settings and conduct

Shahid Rezaie Majd academy wrestling / Resistance Exercise with Tools /

Participants/Inclusion and exclusion criteria

None of the subjects consumed any supplements or medication over the past six months. Do not have a specific illness

Intervention groups

People who are in the complement of Calpour one week before the aerobic exercise test for 125 days a week, 125 mg / kg body weight The extract of the calcareous plant is obtained by gavage. In the placebo group, placebo was given in the same manner.

Main outcome variables

Shylomicron / Triglyceride / Cholesterol/ ldl/ HDL , KCL

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171210037809N5**

Registration date: **2019-08-04, 1398/05/13**

Registration timing: **registered_while_recruiting**

Last update: **2019-08-04, 1398/05/13**

Update count: **0**

Registration date

2019-08-04, 1398/05/13

Registrant information

Name

farah nameni

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8843 6932

Email address

f.nameni@yahoo.co.uk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-26, 1398/04/05

Expected recruitment end date

2019-08-27, 1398/06/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Poleium Teucrium supplementation and a course selected exercise on chylomicron, HDL and KCL on military men 20-25 years old

Public title

Poleium Teucrium supplementation ,exercise and chylomicron, HDL and KCL

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

1.Over the past six months, they have not consumed any supplements or medications It does not exclude any history of common chronic health problems and diseases, such as respiratory, metabolic, cardiovascular,

renal and hepatic diseases
Exclusion criteria:
Age
From **20 years** old to **25 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **130**

Randomization (investigator's opinion)

Randomized

Randomization description

Names of male volunteer who interested to cooperation
Will be recorded /then they will complete the
questionnaire of entry standard/ 20 persons will be
selected using a randomized table / then they will be
numbered and their names will be written on sheets and
will be spilled in a bowl. One sheet will be selected in tern
and the names will be in one of the groups(2 groups of
10 people)

Blinding (investigator's opinion)

Single blinded

Blinding description

None of the subjects know what substance they will
consume

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the Faculty of Medical Sciences
of Islamic Azad University, Varamin Prison

Street address

naghshe- jahan/ IAU VARAMIN

City

varamin/ pishva

Province

Tehran

Postal code

1637876791

Approval date

2019-01-02, 1397/10/12

Ethics committee reference number

IR.IAU.VARAMIN.REC.1397.034

Health conditions studied

1

Description of health condition studied

There is no illness / the effect of the toner is to be
practiced

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

triglyceride

Timepoint

At the beginning of the study (before the intervention)
and after 8 weeks of supplementation and exercise

Method of measurement

Blood collection :changes triglyceride : mg / dl

2

Description

HDL

Timepoint

At the beginning of the study (before the intervention)
and after 8 weeks

Method of measurement

Blood collection :changes HDL : mg / dl

3

Description

LDL

Timepoint

At the beginning of the study (before the intervention)
and after 8 weeks

Method of measurement

Blood collection :changes LDL : mg / dl

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Teucrium polium and exercise, The
group 1 week before training received 125 mg of
Teucrium polium tropic extract every day. The Teucrium
polium used by the Iranian Food and Drug Administration
has been approved. Teucrium polium is the product of
the plant distillation plant in Birjand. The main
components of its chemical composition are alpha-
pinene, linalool, chromophilium oxide, thermacrin D,
beta-carophilin and delta-cadinen / The protocol training
for this group will be 3 sessions per week for 8 weeks
and each session will be 75-60 minutes.

Category

Other

2**Description**

Control group: exercise and placebo, The group 1 week before training received 125 mg of Dextrose soluble every day. The Dextrose used by the Iranian Food and Drug Administration has been approved. Dextrose is the product of the plant distillation plant in Birjand. The protocol training for this group will be 3 sessions per week for 8 weeks and each session will be 75-60 minutes.

Category

Other

Recruitment centers1**Recruitment center****Name of recruitment center**

بیمار نداریم/ نمونه ها مردان نظامی هستند/ پلیس مرکزی راه آهن کشور

Full name of responsible person

احسان روستایی

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tehran

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1637876791

Phone

+98 21 3762 5011

Email

dastavard96@gmail.com

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Abbas Pazooki

Street address

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City

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

Yes

Title of funding source

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

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

Other

Person responsible for general inquiries**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

ehsan roostaii

Position

police

Latest degree

Master

Other areas of specialty/work

Physiology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Position

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Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
farah nameni
Position
assist. prof
Latest degree
Ph.D.
Other areas of specialty/work
Physiology
Street address
naghshe-jahan/ IAU
City
varamin/ pishva
Province

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

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not 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