

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Physiological and Functional Changes after the short term Taurine Supplementation in patient with Cardiac Heart Failure Complication

Protocol summary

Summary

Although dozen of cardiovascular risk factors have been recently identified, taurine deficiency has been recently introduced as a cardiovascular risk factor. This factor has been poorly investigated in patients afflicted with Cardiac Heart Failure (CHF). Sixteen patients ages between 50 to 65 yrs old, categorized in classes II & III, who were randomly divided into the intervention (taurine) and placebo groups in order to study the effect of taurine supplementation on the cardiovascular physiological markers in patients with CHF. The taurine group received 1.5 gr; 3 times daily of 500 mg capsules and the placebo group received starch capsules for a period of 2 weeks. Systolic and diastolic blood pressure, heart rate, maximal activity time, Vo2 peak and plasma taurine, cardiac troponin I and CPK-MB concentrations were measured and compared before and after taurine supplementation. Data was analyzed by using dependent and independent t- student tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903094058N1**
Registration date: **2008-03-20, 1387/01/01**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2008-03-20, 1387/01/01

Registrant information

Name

Mahshid Kadkhodaei Khalafi

Name of organization / entity

Medical University of Shahid Beheshti

Country

Iran (Islamic Republic of)

Phone

+98 21 6688 7472

Email address

pcu@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

one third by Loghman Hospital, Shahid Beheshti University of Medical Sciences and the rest by investigator

Expected recruitment start date

2008-03-20, 1387/01/01

Expected recruitment end date

2008-06-18, 1387/03/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Physiological and Functional Changes after the short term Taurine Supplementation in patient with Cardiac Heart Failure Complication

Public title

Effect of Taurine on Physiologic and functional changes in patients with Cardiac heart failure

Purpose

Prevention

Inclusion/Exclusion criteria

1- Heart failure functional clas of II and III 2- Ejection fraction in less than 50% of left ventricular 3- All patients were candidate for some protocol treatment (PCI - PTCA - open heart surgery) 3- Subjects should not have received a variety of vitamins and minerals 4-should not be sensitive to Sulfur 5-should not have disability

Age

From **50 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **16**

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

Shahid Beheshti Medical University

Street address

Next to The Talaghani Hospital - Parvaneh Street -
Tabnak street - Shahid Chamran Highway

City

Tehran

Postal code

1983963113

Approval date

2008-11-28, 1387/09/08

Ethics committee reference number

525-5657-117-01-2008

Health conditions studied

1

Description of health condition studied

Cardiovascular changes due to Taurine supplementation

ICD-10 code

-

ICD-10 code description

-

2

Description of health condition studied

Heart failure

ICD-10 code

I50.0

ICD-10 code description

Congestive heart failure

Primary outcomes

1

Description

Plasma Taurine

Timepoint

2 Weeks after & before supplementation

Method of measurement

HPLC (High Chromatography Reverse)

Secondary outcomes

1

Description

Troponin I

Timepoint

2 Weeks after & before supplementation

Method of measurement

Elisa Method

2

Description

Blood pressure & Heart rate

Timepoint

2 Weeks after & before supplementation

Method of measurement

Stethoscope - Treadmill - Instrument of control Blood
pressure

3

Description

CPK-MB

Timepoint

2 Weeks after & before supplementation

Method of measurement

Immunological

4

Description

vo2 max

Timepoint

2 Weeks after & before supplementation

Method of measurement

peak o2 (15): 3(time)021/0-2(time)451/0+(time)379/1-
8/14 =Peak oxygen consumption

5

Description

Peak of Activity

Timepoint

2 Weeks after & before supplementation

Method of measurement

Treadmill

Intervention groups

1

Description

Three Times Per day - cospule of Taurine 500 mg -during
14 days

Category

Prevention

2

Description

Capsule of starch -500 mg- Three times Per day - during
14 days

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Loghman Hospital-Tehran

Full name of responsible person

Mahshid Kadkhodaei Khalafi

Street address

Loghman Hospital, Kamali st.,

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti Medical Universiy

Full name of responsible person

Mr Dr Beyranvand

Street address

Medical unit - Parvaneh st- Kodak yar st- Chamran
highway

City

Tehran

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Shahid Beheshti Medical Universiy

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

University of medical Shahid Beheshti

Full name of responsible person

Mahshid Kadkhodaei Khalafi

Position

Bachelor of Nursing -Master of Science (physical
Education)

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

College of physical education and sport sciences

Full name of responsible person

Dabidi Roshan Valiollah(Ph.D)

Position

PhD of physical education and sport sciences

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