

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

Investigation of the effect of Ginkgo Biloba tablet on improving memory in healthy volunteers

Protocol summary

Study aim

Evaluating the effect of Ginkgo biloba extract on increasing healthy volunteers' memory, based on the evidences confirming or refutable.

Design

60 selected volunteers are divided into two groups: 30 volunteers are in the treatment group and 30 volunteers are in the control group. The drug packages marked and randomized are distributed among volunteers. It is a double-blind study.

Settings and conduct

This research is conducted among the students admitted at Shahid Beheshti University of Medical Sciences in 2016 and 2017 and studying in its faculty of pharmacy now. In this double-blind, placebo-controlled study, half of the volunteers are placed to the control group and the other half to the treatment group at random. Both volunteers and memory tester are unaware that each candidate is in the control group or treatment group. Packages containing placebo are encrypted with the letter A and Packages containing the drug are encrypted with the letter B.

Participants/Inclusion and exclusion criteria

Entry Criteria: All volunteers must have been taking the same course at the same university, aged between 19-20 years. Lack of entry criteria: No candidate should be suffering from considerable depression or stress.

Intervention groups

In the treatment group, volunteers are given 120 mg of Ginkgo Biloba extract daily for 6 weeks, and in the control group, volunteers are given placebo daily for 6 weeks.

Main outcome variables

This study could report whether or not the extract of this plant has any effect on memory. Volunteer use of the plant extract or placebo may have side effects.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200218046537N1**

Registration date: **2020-04-20, 1399/02/01**

Registration timing: **prospective**

Last update: **2020-04-20, 1399/02/01**

Update count: **0**

Registration date

2020-04-20, 1399/02/01

Registrant information

Name

Mohammad Amin Attar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3338 1583

Email address

maattar1993@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-05-03, 1399/02/14

Expected recruitment end date

2020-06-19, 1399/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of the effect of Ginkgo Biloba tablet on improving memory in healthy volunteers

Public title

The effect of Ginkgo Biloba on memory enhancement

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

All healthy volunteers are 19-20 years old

Exclusion criteria:

Having severe anxiety Having severe depression

Age

From **20 years** old to **21 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Investigator
- Outcome assessor

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this method, a mixture of drug and placebo packages are placed in a box and when offering them to the volunteers a package is selected randomly, without looking into the box. Then, it is provided to the volunteers. The package containing the placebo is marked with the letter A and the package containing the medicine is marked with the letter B.

Blinding (investigator's opinion)

Double blinded

Blinding description

To blind the volunteers, cans containing drugs or placebos marked with the letters A and B are used, so that no volunteers know in which group, treatment or control group, they have been placed. Also, the memory tester does not have any information about which volunteers has taken the drug and which one has taken the placebo and only the statistical processor is aware of this information.

Placebo

Used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee**

Name of ethics committee

National Committee for Ethics in Biomedical Research

Street address

Floor 13, Block A, Ministry of Health & Medical Education Headquarters, Between Zarafshan & South Falamak, Qods Town, Tehran, Iran

City

Tehran

Province

Golestan

Postal code

4971836735

Approval date

2018-10-08, 1397/07/16

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1397.127

Health conditions studied**1****Description of health condition studied**

Increased memory in healthy volunteers

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Memory score of volunteers participating in Wechsler memory test

Timepoint

Baseline then re-measured after 6 weeks of drug use

Method of measurement

Wechsler memory test

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: three times a day i.e in the morning, evening and at night, the volunteers of this group take one tablet containing 40 mg of Ginkgo Biloba dried extract with the brand name of Ginkgo T.D, For 6 weeks. The tablets are purchased from a pharmaceutical company, Tolid Daru. The volunteers are put through a memory test Before and after taking the drug, and the results obtained are compared to see how much it has been effective. Control group: the volunteers of this group take one tablet containing Avicel PH102 three times a day i.e. in the morning, the evening, and at night for 6 weeks, too. Placebos are manufactured by Hakim Pharmaceutical Company. Before and after taking placebo, volunteers are tested for memory, and the results of these two intervention groups are statistical processing and review.

Category

Rehabilitation

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr. Hassan Yazdanpanah

Street addressSchool of Pharmacy, Valiasr Ave, Niayesh Cross,
Tehran**City**

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1991953381

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Web page address<http://pharmacy.sbmu.ac.ir/>**Sponsors / Funding sources**1**Sponsor****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

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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

Shahid Beheshti 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**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mohammad Amin Attar

Position

Student

Latest degree

A Level or less

Other areas of specialty/work

Medical Pharmacy

Street addressValiasr street, Hashemi Rafsanjani intersection,
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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

Mohammad Amin Attar

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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

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