Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

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

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 studing 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 valunteers

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 placeboes 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 Zarafashan & 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. Placeboes 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 centers

1

Recruitment center
Name of recruitment center
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Dr. Hassan Yazdanpanah
Street address
School of Pharmacy, Valiasr Ave, Niayesh Cross, Tehran
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Tehran
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1991953381
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Web page address
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Sponsors / Funding sources

1

Sponsor
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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
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Person responsible for updating data

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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