

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Sep 2026

Evaluation of the effect of Resveratrol on the effectiveness of antiviral drug regimen in patients with COVID-19

Protocol summary

Study aim

Assessment The effect of resveratrol supplementation on some inflammatory factors in patients with severe COVID19

Design

This study is a two arm parallel groups clinical trial that will be done in Ahvaz hospital. Randomization is done through block method. Sample size of this study is 60 patients that divided equally into two groups include intervention and control groups .This is a phase 3 clinical trial.

Settings and conduct

This study is a two arm parallel groups clinical trial that will be done in Ahvaz hospital. In this study, blindness is not performed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: chain reaction (PCR) confirmed infection with COVID19 ; Lung involvement confirmed with chest imaging; Hospitalized with: Fever (axillar or oral temperature ≥ 38.0 °centigrade(C) or ≥ 38.6 °centigrade tympanic or rectal) or respiratory rate >24 /min or cough; Less than 8 days since illness. Non-inclusion criteria: Autoimmune diseases (lupus, MS, etc.); Hepatic failure; Hepatit B, C; pregnant and lactating women

Intervention groups

Both case and control group will be received routine drugs. 1. Intervention group: Resveratrol produced by Sumabe company, one Tab, daily until 14 days. 2. control group: received routine drugs.

Main outcome variables

Time to clinical recovery, respiratory signs, Intubation rate.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200112046089N1**

Registration date: **2020-06-25, 1399/04/05**

Registration timing: **registered_while_recruiting**

Last update: **2020-06-25, 1399/04/05**

Update count: **0**

Registration date

2020-06-25, 1399/04/05

Registrant information

Name

Arash Alghasi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3374 3289

Email address

arashalqasi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-14, 1399/03/25

Expected recruitment end date

2020-07-15, 1399/04/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of Resveratrol on the effectiveness of antiviral drug regimen in patients with COVID-19

Public title

Resveratrol in COVID19

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Polymerase chain reaction (PCR) confirmed infection with SARS CoV2 Lung involvement confirmed with chest imaging Hospitalized with: Fever (axillar or oral temperature ≥ 38.0 °centigrade(C) or ≥ 38.6 °centigrade tympanic or rectal) or Respiratory rate $>24/\text{min}$ Or Cough Less than 8 days since illness onset Willingness of study participant to accept random assignment to any treatment arm Acceptance of non-participation in another study before the 28th day of the study
Exclusion criteria:
Autoimmune diseases (lupus, MS, etc.) Hepatic failure Hepatit B and C pregnant and lactating women

Age
No age limit

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: 50

Randomization (investigator's opinion)
Randomized

Randomization description
Patients are divided into two therapeutic groups by block randomization method using blocks of size 6. Individuals are the randomization unit , making a random sequence is by using statistical software(WinPepi11.0). Allocation concealment is by assigning unique codes

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Ahvaz University of Medical Sciences
Street address
Golestan highway
City
Ahvaz
Province
Khouzestan

Postal code
15794-61357
Approval date
2020-05-16, 1399/02/27
Ethics committee reference number
IR.AJUMS.REC.1399.175

Health conditions studied

1

Description of health condition studied
COVID19
ICD-10 code
U07.1
ICD-10 code description
COVID-19, virus identified

Primary outcomes

1

Description
Recovery time
Timepoint
Duration of treatment
Method of measurement
Evaluation of clinical symptoms

2

Description
Respiratory signs
Timepoint
daily
Method of measurement
clinical evaluation and questionnaire

3

Description
Pulmonary Condition
Timepoint
Before intervention and 14 days after intervention
Method of measurement
CT scan

Secondary outcomes

1

Description
Blood oxygen saturation percentage
Timepoint
Before and 14 days after starting treatment
Method of measurement
Pulse oximeter

2

Description
C-Reactive Protein (CRP)

Timepoint

Before and fourteen days after starting treatment

Method of measurement

ELISA (enzyme-linked immunosorbent assay)

3**Description**

IL6

Timepoint

Before and 14 days after starting treatment

Method of measurement

ELISA (enzyme-linked immunosorbent assay)

4**Description**

IL1

Timepoint

Before and 14 days after starting treatment

Method of measurement

ELISA (enzyme-linked immunosorbent assay)

5**Description**

CBC

Timepoint

Before and 14 days after starting treatment

Method of measurement

Cell Counter

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

Intervention group: 1 Tab resveratrol (500mg) from Sumabe, daily until 14 days in addition to routine drugs.

Category

Treatment - Drugs

2**Description**

Control group: this group doesn't receive extra drugs and receive routine drugs.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Razi hospital

Full name of responsible person

Arash Alghasi

Street address

Razi hospital, Felestin boulevard, Amanieh

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Mohamad Badavi

Street address

Vice Chancellor of Research and Technology; Main building of Ahvaz University of Medical Science, Golestan highway

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Badavi-m@ajums.ac.ir

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

Yes

Title of funding source

Ahvaz 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**

Ahvaz University of Medical Sciences

Full name of responsible person

Arash Alghasi

Position

Assistant Professor of Pediatric Hematology and Oncology

Latest degree

Subspecialist

Other areas of specialty/work

Pediatric Hematology and Oncology

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Ahvaz Shahid Baghaei 2 hospital; Golestan highway

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Mohammad Reza Mahmoudian-Sani

Position

Assistant Professor of Molecular Medicine School of Medicine

Latest degree

Ph.D.

Other areas of specialty/work

Molecular Medicine

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Person responsible for updating data

Contact**Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Arash Alghasi

Position

Assistant Professor of Pediatric Hematology and Oncology Department of Pediatrics, School of Medicine

Latest degree

Subspecialist

Other areas of specialty/work

Pediatric Hematology and Oncology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available