Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

Protocol summary

Study aim
The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine
Design
The present study is a clinical trial with a control group, with parallel, randomized group, phase 3 over 80 patients
Settings and conduct
The project is being performed at a rehabilitation center for patients with coronavirus. In this study, 80 patients eligible to enter the project are divided into two groups receiving pomegranate juice and sumac and routine care. The control group (group 2) receive routine care.
Participants/Inclusion and exclusion criteria
Inclusion criteria: 1- Outpatients with clinical symptoms of covid 19 and RT-PCR testing or chest CT positive for the disease that referred home for treatment 2- Age under 60 years 3- Relative stability of cardiovascular status Exclusion criteria: 1- Pregnant and lactating women 2- COVID-19 patients in hospital or admitted to hospital
Intervention groups
The first group: receiving diet containing pomegranate juice and sumac The second group: receive routine treatment
Main outcome variables
Anorexia Nausea

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190406043175N3**
Registration date: **2020-07-12, 1399/04/22**
Registration timing: **prospective**

Last update: **2020-07-12, 1399/04/22**
Update count: **0**
Registration date
2020-07-12, 1399/04/22

Registrant information
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2020-08-22, 1399/06/01
Expected recruitment end date
2021-08-23, 1400/06/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

Public title
The effect of diet based on traditional medicine on COVID-19
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Outpatient patients with clinical symptoms of covid 19

and RT-PCR testing or chest CT positive for the disease that referred home for treatment. Under 60 years of age Relative stability of cardiovascular status

Exclusion criteria:

Pregnant and lactating women COVID-19 patients in hospital or admitted to hospital

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

The numbers from 1 to 80 is written on 80 papers and placed inside a bag. Even numbers are for intervention group and odd numbers are for control group. Each time a patient enters the study according to entry criteria, a paper is removed from the bag and the number written on the paper is the base of entering to each group.

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

Mashhad University of Medical Sciences

Street address

Faculty of medicine, Ferdowsi complex, Azadi Sq.

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Province

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Postal code

9177948564

Approval date

2020-06-20, 1399/03/31

Ethics committee reference number

IR.MUMS.REC.1399.313

Health conditions studied

1

Description of health condition studied

COVID-19 Disease

ICD-10 code

U07.02

ICD-10 code description

COVID-19, virus not identified

Primary outcomes

1

Description

Anorexia Nausea

Timepoint

Every two weeks for up to a month

Method of measurement

Examination by a physician

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In addition to routine treatment, pomegranate juice is prescribed 3 glasses a day and 2 grams of sumac packs at noon and at night on food for four weeks.

Category

Treatment - Drugs

2

Description

Control group: Routine treatment

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza Hospital

Full name of responsible person

Hassan Rakhshandeh

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Sponsors / Funding sources

1

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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
Mashhad 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
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is 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
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is 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
Title and more details about the data/document
Dissemination of information after completing the clinical trial and publication of the article taken from the plan
When the data will become available and for how long
After publishing the article
To whom data/document is available
Researchers
Under which criteria data/document could be used
For research reasons
From where data/document is obtainable
Sending Email to the researchers
What processes are involved for a request to access data/document
Sending Email to the researchers
Comments