

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

: The effect of dietary supplement of three juices on the recovery of patients with iron deficiency anemia

Protocol summary

Study aim

Evaluation of three juice effect in anemic Patients treatment

Design

The study population included 50 people with anemia. Patients will be divided into control and intervention group accidentally (25 patients in each group). The study is phase 2 clinical trial. A blood test will be done one month after the treatment period. The results of the CBC study, red blood cell count, before and after the intervention, will be compared in two groups.

Settings and conduct

The patients were selected from Aria Hospital and randomly divided into two groups of intervention and control (25 patients each). At the beginning and then one month after the intervention, the results of the CBC test, the amount of red blood cells, will be evaluated with a blood test.

Participants/Inclusion and exclusion criteria

Admission requirements: willingness to participate in the study; Patients with iron deficiency Exclusion criteria; diabetic and renal patients

Intervention groups

Patients receive a tablespoonful of three juice (including berry juice, date and grape) twice daily for a month. Control group: Patients will receive one ferrous sulfate tablet daily for a month.

Main outcome variables

The test for iron deficiency, red blood cell count, is done with a blood test

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151230025772N9**

Registration date: **2020-09-20, 1399/06/30**

Registration timing: **prospective**

Last update: **2020-09-20, 1399/06/30**

Update count: **0**

Registration date

2020-09-20, 1399/06/30

Registrant information

Name

Seyyed Abbas Zojaji

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3711 2717

Email address

zojajia881@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2021-09-23, 1400/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

: The effect of dietary supplement of three juices on the recovery of patients with iron deficiency anemia

Public title

Evaluation of the effect of three-juice dietary supplement on the recovery of patients with iron deficiency anemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Willingness to participate in the study people over 18 years

Exclusion criteria:

Intolerance allergy or allergic reaction to three juices specific or chronic diseases such as immunodeficiency hypothyroidism lupus kidney failure cancer use of certain medications unwillingness to continue herbal treatment bleeding

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Islamic Azad university-Mashhad branch

Street address

Emam Khomeini Ave, Shahinfar Medical School

City

mashhad

Province

Razavi Khorasan

Postal code

9187147578

Approval date

2020-08-24, 1399/06/03

Ethics committee reference number

IR.IAU.MSHD.REC.1399.090

Health conditions studied

1

Description of health condition studied

Anemia

ICD-10 code

D64

ICD-10 code description

Other anemias

Primary outcomes

1

Description

anemia

Timepoint

Before intervention, one month after intervention

Method of measurement

Blood test

Secondary outcomes

empty

Intervention groups

1

Description

Patients receive a tablespoonful of three juice (including berry juice, date and grape) twice daily for a month.

Category

Treatment - Drugs

2

Description

Control group: Patients will receive one ferrous sulfate tablet daily for a month.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Aria hospital

Full name of responsible person

Seyyed Abbas Zojaji

Street address

Jahanbani Street, East Golestan Crossroads

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Fax

Email

sabbaszojaji@gmail.com

Web page address

<https://zojaj.club>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Institute of pharmaceutical services razavi

Full name of responsible person

Seyed mehdi hasheminejad ashrafi

Street address

Imam central pharmacy, Imam reza hospital square

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Email

support@rpsi.ir

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

Yes

Title of funding source

Institute of pharmaceutical services razavi

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Other

Person responsible for general inquiries

Contact**Name of organization / entity**

Zojaj darman tous company

Full name of responsible person

Seyyed abbas zojaji

Position

Ph.D of pharmacology/CEO

Latest degree

Ph.D.

Other areas of specialty/work

Medical Pharmacy

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Pharmaceutical technology incubator of mashhad
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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Zojaj Darman Tous Company

Full name of responsible person

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact**Name of organization / entity**

Institute of Pharmaceutical Services Razavi

Full name of responsible person

Elahe Shojaeyan

Position

Secretary

Latest degree

Bachelor

Other areas of specialty/work

Medicinal plants

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Imam Reza Central Pharmacy, Imam Reza Hospital
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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