

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 Jun 2026

### Effects of cinnamon on reduction of glucose intolerance patients' blood sugar

#### Protocol summary

##### Summary

The purpose of this study was to investigate the effect of cinnamon on reducing blood glucose in people who had glucose intolerance. We recruited 50 volunteers having glucose intolerance to undergo a three phase Oral Glucose Tolerance Test (OGTT), supplemented with 5g placebo (control OGTT), 5g cinnamon (Cinnamon OGTT) in the second phase, and 5g cinnamon 12 hours before OGTT (OGTT 12 hours before) in the third phase. Blood sugar levels were measured before and after the trial and compared between groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201010265021N1**  
Registration date: **2011-02-18, 1389/11/29**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-02-18, 1389/11/29

##### Registrant information

###### Name

Mohammad Sahebalzamani

###### Name of organization / entity

Azad islamic university tehran medical branch

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 2281 1045

###### Email address

szamani@iautmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Islamic Azad University Tehran Medical Branch

##### Expected recruitment start date

2009-11-22, 1388/09/01

##### Expected recruitment end date

2010-04-06, 1389/01/17

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of cinnamon on reduction of glucose intolerance patients' blood sugar

##### Public title

The effect of cinnamon on blood glucose

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: having medical document in Firoozgar hospital, having glucose intolerance disease, not taking glucose reducing drugs, attending learning diet classes, age 40 to 55 years old, having consent Exclusion criteria: Moving to other places, presence of diabetes and liver or renal failure, presence of allergy to cinnamon

##### Age

From **40 years** old to **55 years** old

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **50**

##### Randomization (investigator's opinion)

Not randomized

## Randomization description

### Blinding (investigator's opinion)

Single blinded

### Blinding description

#### Placebo

Used

#### Assignment

Crossover

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Islamic Azad University Tehran Medical Branch

##### Street address

Tehran Medical Branch, Islamic Azad University,  
Khaghani St, Shariati Ave

##### City

Tehran

##### Postal code

19168

#### Approval date

2009-07-26, 1388/05/04

#### Ethics committee reference number

10677

## Health conditions studied

### 1

#### Description of health condition studied

Glucose intolerance

#### ICD-10 code

E14, R73.0

#### ICD-10 code description

Unspecified diabetes mellitus, impaired glucose tolerance

## Primary outcomes

### 1

#### Description

Blood sugar

#### Timepoint

Before intervention, one week after intervention and again two weeks later

#### Method of measurement

Blood glucose Test mg/dl

## Secondary outcomes

### 1

#### Description

Blood pressure

#### Timepoint

Before and after intervention

#### Method of measurement

Mercurial blood pressure instrument

### 2

#### Description

Triglyceride

#### Timepoint

Before and after intervention

#### Method of measurement

Blood test

### 3

#### Description

HDL

#### Timepoint

Before and after intervention

#### Method of measurement

Blood test

## Intervention groups

### 1

#### Description

Cinnamon group : cinnamon in the amount of 5 gr in 500 mg capsules have been taken minimum every 5 days in three stages.

#### Category

Prevention

### 2

#### Description

Placebo group : placebo in the amount of 5 gr in 500 mg capsules have been taken minimum every 5 days in three stages.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Endocrine institute of Firoozgar hospital

##### Full name of responsible person

Dr. Iraj Heydare

##### Street address

Firoozgar st. Valedy st. Beh Afarin st. Karimkhan Ave.

##### City

Tehran

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Islamic Azad University Tehran Medical Branch

**Full name of responsible person**

Maryam Safaee

**Street address**

Tehran Medical Branch Islamic Azad University,  
Khaghani St, Shariati Ave,

**City**

Tehran

**Grant name**

0

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Islamic Azad University Tehran Medical Branch

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Islamic Azad University Tehran Medical Branch

**Full name of responsible person**

Mohammad Sahebalzamani

**Position**

PhD Assistant Professor of Islamic Azad University  
Tehran Medical Branch

**Other areas of specialty/work**

**Street address**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Tehran Emergency

**Full name of responsible person**

Maryam Safaee

**Position**

Master of Nursing

**Other areas of specialty/work**

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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*