

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

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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
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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