

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Study of Ginger and Cinnamon consumption on body composition, exercise performance and biochemical inflammatory indexes in female martial athletes in Isfahan clubs

Protocol summary

Summary

This study is designed to evaluate the effects of ginger and cinnamon consumption on body composition, exercise performance, muscle soreness, serum level of IL6 and MDA in female martial athletes in Isfahan clubs. We will conduct a randomized double blind placebo-controlled clinical trial involving sixty apparently healthy, well-trained female martial athletes (aged 13-25 yr) who exercised at least three times a week for 3 years. Participants will consume either 3 grams of ginger, cinnamon or placebo powder per day with daily drinks, depending on their groups for 6 weeks. Participants will be asked to record food intake in every 2 weeks of the trial for four times. Body composition, exercise performance, muscle soreness, inflammation and oxidative stress indexes and serum level of IL-6 and MDA will be determined in the beginning and at the end of the study and will be compared among ginger, cinnamon and placebo groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111095062N3**
Registration date: **2012-12-03, 1391/09/13**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-12-03, 1391/09/13

Registrant information

Name

Reza Ghasvand

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 1792 2742

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2011-06-22, 1390/04/01

Expected recruitment end date

2011-11-20, 1390/08/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study of Ginger and Cinnamon consumption on body composition, exercise performance and biochemical inflammatory indexes in female martial athletes in Isfahan clubs

Public title

The effects of Ginger and Cinnamon consumption on athletes

Purpose

Health service research

Inclusion/Exclusion criteria

inclusion criteria: Willingness to participate in study; exercise at least 3 years experience and a maximum of 5 years; ages 13 to 20 years; non smokers and drug non consumers; not consumption of supplements; Lack of

specific diseases; not being in pregnancy and lactation.
Exclusion criteria: allergic reaction to supplements;
participants tend to leave the study at any stage of the study.

Age

From **13 years** old to **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Isfahan Regional Bioethics committee

Street address

Isfahan University of Medical Sciences, Hezarjarib St.,
Isfahan

City

Isfahan

Postal code

81745319

Approval date

2011-08-20, 1390/05/29

Ethics committee reference number

190022

Health conditions studied

1

Description of health condition studied

Sports Nutrition

ICD-10 code

Z00.8

ICD-10 code description

Other general examinations

Primary outcomes

1

Description

IL-6

Timepoint

before and after intervention

Method of measurement

blood biochemistr laboratory tests

2

Description

MDA

Timepoint

before and after intervention

Method of measurement

spectrophotometry

3

Description

exercise performance

Timepoint

before and after intervention

Method of measurement

Based on distance traveled to reach the fatigue

4

Description

muscle soreness

Timepoint

before and after intervention

Method of measurement

According to participants

5

Description

body fat percentage

Timepoint

before and after intervention

Method of measurement

BIA machine

6

Description

weight

Timepoint

before and after intervention

Method of measurement

mechanical scale

7

Description

length

Timepoint

before and after intervention

Method of measurement

tape

Secondary outcomes

empty

Intervention groups

1

Description

The cinnamon group receives 3 grams of cinnamon powder solved in their sport drink for 6 weeks.

Category

Other

2

Description

The ginger group receives 3 grams of ginger powder solved in their sport drink for 6 weeks.

Category

Other

3

Description

The control group receives 3 grams of placebo powder(lactose) solved in their sport drink for 6 weeks.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Food Security Research Center, Department of Community Nutrition, School of Nutrition and Food Scien

Full name of responsible person

Reza Ghiasvand

Street address

Department of Community Nutrition, Department of Nutrition and Food Science, Isfahan University of Medical Sciences, Hezar Jerib St, Isfahan, Iran

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of Isfahan University of Medical Sciences

Full name of responsible person

Doctor Peyman Adibi

Street address

School of Nutrition and Food sciences, Isfahan

University of Medical Sciences, Hezarjarib St., Isfahan

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Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Deputy of Isfahan University of Medical Sciences

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

Isfahan University of Medical Sciences

Full name of responsible person

Nafiseh Shokri

Position

MSc of nutrition

Other areas of specialty/work

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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