

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The Effects of butyrate supplementation on the expression levels of PGC-1 α , PPAR α and UCP1 genes, serum level of GLP-1, metabolic parameters, and anthropometric indices in obese individuals on a weight loss diet: A Triple- Blind, Randomized, Placebo- Controlled Clinical Trial.

Protocol summary

Study aim

Determination of the effects of butyrate supplementation on the expression levels of PGC-1 α , PPAR α and UCP1 genes, serum level of GLP-1, metabolic parameters, and anthropometric indices in obese individuals on a weight loss diet

Design

A clinical trial with the control group, with parallel groups, triple-blind, randomized, phase 2 on 50 patients. For randomization, block design is used.

Settings and conduct

Referred to Nutrition Faculty of Tabriz University of Medical Sciences in 2021, selection of 50 patients based on inclusion and exclusion criteria, randomization into intervention and control groups. Blinding of patients and researchers, coding by a third party who does not know the details.

Participants/Inclusion and exclusion criteria

Inclusion criteria: body mass index 30 to 40, both females and males, age between 18 to 60 years Non-inclusion criteria: unwillingness to continue the study, kidney diseases, liver failure, heart failure, rheumatic diseases, diabetes, malignancies, and gastrointestinal diseases, taking any supplements, taking weight-loss drugs and following a weight loss diet, history of obesity surgery, smoking, pregnancy, lactation, menopause

Intervention groups

The intervention group: one butyrate capsule of 600mg/day (made by Body Bio company, USA, containing 550 mg of butyrate and 50 mg sodium hydroxide, medium-chain triglycerides (MCT), hydroxypropyl methylcellulose, and purified water) for 60 days. The control group: one placebo capsule of 600 mg/day (compounds similar to supplement except for butyrate) for 60 days

Main outcome variables

weight, body mass index, waist circumference, waist circumference, fat mass, lean mass; serum level of GLP-1; gene expression of PGC-1 α , PPAR α , UCP1; lipid factors, fasting glucose, alanine aminotransferase, aspartate aminotransferase, insulin

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190303042905N2**

Registration date: **2021-01-31, 1399/11/12**

Registration timing: **prospective**

Last update: **2022-03-02, 1400/12/11**

Update count: **1**

Registration date

2021-01-31, 1399/11/12

Registrant information

Name

Parichehr Amiri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8670 5503

Email address

amiriparichehr70@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-21, 1400/01/01

Expected recruitment end date

2021-11-21, 1400/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of butyrate supplementation on the expression levels of PGC-1 α , PPAR α and UCP1 genes, serum level of GLP-1, metabolic parameters, and anthropometric indices in obese individuals on a weight loss diet: A Triple- Blind, Randomized, Placebo-Controlled Clinical Trial.

Public title

Effect of butyrate in obesity

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Body mass index (BMI) between 30-40 Both of genders female and male Age between 18-60 years old

Exclusion criteria:

Unwillingness to participate in the study Kidney diseases, liver failure, heart failure, rheumatic diseases, diabetes, malignancies, and gastrointestinal diseases Consumption of any product or supplement containing probiotics, prebiotics and antibiotics in the last 1 month Taking vitamin, fiber, omega-3, antioxidant supplements during the 3 weeks before and during the study Taking weight-loss drugs and following a weight loss diet for the past six months History of bariatric surgery Smoking Pregnancy, lactation, menopause

Age

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

Gender

Both

Phase

2

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Based on inclusion criteria, 50 patients will randomly allocated to placebo (n = 25) or intervention (n = 25) groups. Block design based on the combined analysis and using packed envelopes is used for randomization. In fact, according to the pattern and using two codes of A and B 6 groups with 4 blocks are selected. This work is repeated in 2 steps. In the end, two A and B codes are assigned to the 2 last patients and the randomization is

completed (50 patients).

Blinding (investigator's opinion)

Triple blinded

Blinding description

The researchers and patients will not inform of the contents of the packets. A third person of health care does the coding. This person will not aware of the details of the research trial.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

Street address

Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Sciences, Golestan street, Ahvaz, Khosetan,Iran

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Approval date

2021-01-27, 1399/11/08

Ethics committee reference number

IR.AJUMS.REC.1399.845

Health conditions studied**1****Description of health condition studied**

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

Primary outcomes**1****Description**

Weight

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using scales

2

Description

Waist circumference

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using tape

3

Description

Body mass index(BMI)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

By dividing weight (kg) to height square (m²)

4

Description

Waist to hip ratio(WHR)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Waist circumference/hip circumference

5

Description

Fat mass(FM)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using bioelectrical impedance analyser

6

Description

Fat free mass(FFM)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using bioelectrical impedance analyser

7

Description

Serum level of GLP-1

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Enzyme-linked immunosorbent assay (ELISA) kit

8

Description

Gene expression of PGC-1 α

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

9

Description

Gene expression of PPAR α

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

10

Description

Gene expression of UCP1

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

11

Description

Serum level of LBP

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Enzyme-linked immunosorbent assay (ELISA) kit

12

Description

Gene expression of TNF- α

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

13

Description

Gene expression of TLR4

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

14

Description

Gene expression of NF κ B

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

15**Description**

population of Lactobacilli in gut microbiota

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

16**Description**

population of Bifidobacteria in gut microbiota

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

17**Description**

population of Lachnospiraceae in gut microbiota

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Real time- PCR

18**Description**

Malondialdehyde(MDA)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

MDA kit

19**Description**

glutathione peroxidase(GPX)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

GPX kit

20**Description**

superoxide dismutase (SOD)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

SOD kit

Secondary outcomes**1****Description**

Serum levels of Triglyceride

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using enzymatic kit method

2**Description**

Serum levels of High-Density Lipoprotein cholesterol (HDL-c)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using enzymatic kit method

3**Description**

Serum levels of High-Density Lipoprotein cholesterol (LDL-c)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using enzymatic kit method

4**Description**

Fasting blood sugar

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using enzymatic kit method

5**Description**

Serum levels of alanine transaminase (ALT)

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Using enzymatic kit method

6**Description**

Serum levels of aspartate aminotransferase (AST)

Timepoint

Before the intervention and two months after the

intervention

Method of measurement

Using enzymatic kit method

7

Description

Serum levels of insulin

Timepoint

Before the intervention and two months after the intervention

Method of measurement

Enzyme-linked immunosorbent assay (ELISA) kit

Intervention groups

1

Description

Intervention group: one butyrate capsule of 600mg/day (made by Body Bio company, USA, containing 550 mg of butyrate and 50 mg sodium hydroxide, medium-chain triglycerides (MCT), hydroxypropyl methylcellulose, and purified water) for 60 days

Category

Treatment - Other

2

Description

Control group: one placebo capsule of 600 mg/day (compounds similar to supplement except for butyrate) for 60 days

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Nutrition and Food Sciences, Tabriz University of Medical Sciences

Full name of responsible person

Maryam saghafi-asl

Street address

School of Nutrition and Food Sciences, Golgasht Street

City

Tabriz

Province

East Azarbaijan

Postal code

5166614711

Phone

+98 41 3335 7580

Email

saghafiaslm@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mehdi Ahmadi Moghadam

Street address

Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Sciences, Golestan street, Ahvaz, Khosetan, Iran

City

Ahvaz

Province

Khuzestan

Postal code

15794 - 61357

Phone

+98 61 3336 2414

Email

itc@ajums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Parichehr Amiri

Position

Ph.D. student of Nutrition

Latest degree

Master

Other areas of specialty/work

Nutrition

Street address

Department of Nutrition, School of Allied Medical Sciences, Ahvaz Jundishapur University of Medical Sciences, Golestan St., Ahvaz

City

Ahvaz

Province

Khouzestan
Postal code
7853167465
Phone
+98 21 5566 7924
Email
amiriparichehr70@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Seyed Ahmad Hosseini
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Biochemistry
Street address
Department of Nutrition, School of Allied Medical Sciences, Jundishapur University of Medical Sciences, Golestan St., Ahvaz
City
Ahvaz
Province
Khouzestan
Postal code
6163764754
Phone
+98 74 3333 1257
Email
seyedahmadhosseini@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Parichehr Amiri
Position
Ph.D. student of Nutrition science
Latest degree
Master
Other areas of specialty/work
Nutrition
Street address
Department of Nutrition, School of Allied Medical

Sciences, Jundishapur University of Medical Sciences, Golestan St., Ahvaz

City
Ahvaz
Province
Khouzestan
Postal code
7853167465
Phone
+98 21 5566 7924
Email
amiriparichehr70@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

The person's information will be confidential and the results will be as collective statistics

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

This clinical trial will be a research article and its protocol, results report and statistical analysis will be published to be used by therapists and researchers.

When the data will become available and for how long

If the journal requests access to the data at any time, the data will be provided.

To whom data/document is available

Journal editors and Reviewers

Under which criteria data/document could be used

Sometimes for re-analysis or for use in meta-analysis studies

From where data/document is obtainable

Project manager

What processes are involved for a request to access data/document

It should send an email to the project manager and after reviewing the reason for requesting the data, they will be sent

Comments