

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Assessing the effect of energetic water on kidney function in moderate to severe chronic kidney disease (CKD) patients

Protocol summary

Study aim

Assessing the effect of energetic water on kidney function in moderate to severe CKD patients

Design

In this randomized controlled clinical trial, 30 patients are enrolled into two groups, intervention and control groups, using randomized block design method by Random Allocation Software.

Settings and conduct

In the Ghaem Hospital clinic in Mashhad, 30 patients with moderate to severe chronic kidney disease after accepting participation in the study and obtaining informed consent are divided into two groups of control and intervention. The intervention group, in addition to the usual treatments, received 1000 cc of energetic water daily for three months, and the control group received the usual treatments and ordinary water in the same package. Necessary tests and ultrasound of the kidneys will be performed for three months.

Participants/Inclusion and exclusion criteria

People with chronic kidney disease (CKD) are included in the study. Patients with severe disease in other organs such as the heart, lungs, liver are excluded from the study.

Intervention groups

In the intervention group, patients consume one liter of energetic water daily for 3 months in addition to the usual drugs. In the control group, in addition to the usual treatments, they receive ordinary water in similar containers.

Main outcome variables

Blood pressure, serum creatinine, urinary protein, electrolytes, C reactive protein (CRP)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20080916001256N3**

Registration date: **2021-03-14, 1399/12/24**

Registration timing: **prospective**

Last update: **2021-03-14, 1399/12/24**

Update count: **0**

Registration date

2021-03-14, 1399/12/24

Registrant information

Name

Maryam Hami

Name of organization / entity

Health Organization

Country

Iran (Islamic Republic of)

Phone

+98 51 1765 9556

Email address

hamim@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-10, 1400/01/21

Expected recruitment end date

2021-08-23, 1400/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of energetic water on kidney function in moderate to severe chronic kidney disease (CKD) patients

Public title

The effect of energizing water on kidney function in patients with chronic kidney disease

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Chronic Kidney disease (CKD) patients(moderate to severe) Having informed consent to enter the study

Exclusion criteria:

Uncontrolled Diabetes Mellitus (Hb A1C>7 & Fasting Blood Sugar>130 mg/dl) Uncontrolled hypertension (systolic Blood pressure>160 & diastolic Blood Pressure >100 mmHg) Malignancies Obstructive Uropathy Stage 5 Chronic Kidney disease (CKD) active infection intake of Nephrotoxic drugs severe Congestive Heart Failure (Ejection Fraction<40%) Liver failure (cirrhosis) Polycystic Kidney disease Pregnancy Renal transplantation Dissatisfaction with continued cooperation Smoking and drugs abuse Breastfeeding Accompanied by acute kidney diseases

Age

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

Gender

Both

Phase

2-3

Groups that have been masked

- Participant
- Care provider

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The permuted block technique was used to select patients in each of the treatment and control groups. Random blocks with variable sizes of 4 to 6 with a random sequence of colored leaves are designed in Random Allocation Software and are provided to the secretary in sealed packages. Each block consists of two to three people from the intervention group and two or three people from the control group. For each patient, one of the envelopes will be opened and the sheet on top is handed to the patient. According to the color of the paper, the patient will be categorized in one of the groups and will be registered in the relevant color list.

Blinding (investigator's opinion)

Double blinded

Blinding description

The therapist and the patient do not know the type of the water and for both of them Water should be sent in exactly the same package and in equal volume.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Mashhad University Of Medical sciences

Street address

Vice President of Research, Ghoreshi building, Daneshgah st.

City

Mashhad

Province

Razavi Khorasan

Postal code

91767-99199

Approval date

2021-01-16, 1399/10/27

Ethics committee reference number

IR.MUMS.REC.1399.560

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

Chronic Kidney disease

ICD-10 code

N18

ICD-10 code description

Chronic kidney disease (CKD)

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

Serum Creatinine

Timepoint

0-45-90 days

Method of measurement

Laboratory

2**Description**

Serum Lipid

Timepoint

0-45-90 days

Method of measurement

Laboratory

3**Description**

Urine Protein

Timepoint

0-45-90 days
Method of measurement
Laboratory

4

Description

Hematuria

Timepoint

0-45-90 days

Method of measurement

Laboratory

Secondary outcomes

1

Description

Serum Uric Acid

Timepoint

0-45-90 days

Method of measurement

Laboratory

2

Description

C-Reactive Protein (CRP)

Timepoint

0-45-90 days

Method of measurement

Laboratory

3

Description

Liver Function test

Timepoint

0-45-90 days

Method of measurement

Laboratory

Intervention groups

1

Description

Intervention group: Patients with moderate to severe CKD (GFR between 15 and 60) who meet the inclusion criteria after obtaining informed consent enter to study. They receive 1000 cc energetic water daily for three months, in addition to the usual treatments. Necessary tests are performed first and before treatment, in the middle of treatment and then at the end of three months. Kidney ultrasound will be performed at the beginning and end of the study.

Category

Treatment - Other

2

Description

Control group: Patients with moderate to severe CKD (GFR between 15 and 60) who meet the inclusion criteria after obtaining informed consent enter to study. They receive 1000 cc normal water daily for three months, in addition to the usual treatments. Necessary tests are performed first and before treatment, in the middle of treatment and then at the end of three months. Kidney ultrasound will be performed at the beginning and end of the study.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ghaem Hospital (clinic of nephrology)

Full name of responsible person

Maryam Hami MD

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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
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Nephrology Fellowship
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
No - There is not a plan to make this available
Informed Consent Form
No - There is not 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
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Unidentifiable data from individuals and related information will be shared with other researchers. Study protocol, data analysis program, etc, will be shared.
When the data will become available and for how long
Access to data is always available.
To whom data/document is available
All researchers are allowed to use.
Under which criteria data/document could be used
The data can be used to research and provide new solutions by citing the source.
From where data/document is obtainable
See the email of the researcher or the journal in which

the article has been published

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

Search in the Internet by using keywords and selecting

titles or requesting them by sending an email to the researcher

Comments