

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of salivary pH in students after consuming Lakido, Milk, shirakacao, carbonated beverages.

Protocol summary

Study aim

Comparison of saliva pH in students after consuming Lacido drink, milk, cocoa milk, carbonated beverage

Design

Randomized controlled trial with control group, with parallel group; One blind, random

Settings and conduct

This study was performed in Birjand Dental School of South Khorasan Province in 1400. 80 students are randomly divided into 5 groups receiving Acido, milk, cocoa milk, carbonated beverage and water (control). At the beginning of the study, participants were collected before and immediately after drinking, 5, 20, 40 and 60 minutes after drinking. The pH will be measured by a laboratory expert.

Participants/Inclusion and exclusion criteria

Inclusion criteria include: having informed consent to participate in the study, having complete physical health, not taking antibiotics from two weeks before going to the dentist, not having a special diet, not having dry mouth, not using orthodontic plaque or prosthesis, Absence of periodontal disease and active caries and exclusion criteria: Lack of proper cooperation when drinking beverages and measuring salivary pH.

Intervention groups

Students of Birjand University of Medical Sciences with inclusion and exclusion criteria will be randomly assigned to one of the groups consuming Lacido drink, milk, cocoa milk, carbonated beverage of 80 cc.

Main outcome variables

PH saliva

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190618043934N8**

Registration date: **2021-04-14, 1400/01/25**

Registration timing: **prospective**

Last update: **2021-04-14, 1400/01/25**

Update count: **0**

Registration date

2021-04-14, 1400/01/25

Registrant information

Name

Zabihullah Mohaghegh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 56 3232 3232

Email address

oabstudent@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-21, 1400/02/01

Expected recruitment end date

2021-06-20, 1400/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of salivary pH in students after consuming Lakido, Milk, shirakacao, carbonated beverages.

Public title

Effect of some types of drinks on saliva pH

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Having informed consent to participate in the study
having complete physical health not taking antibiotics
from two weeks before going to the dentist not having a
special diet not having dry mouth not using orthodontic
plaque or prosthesis lack of periodontal disease lack of
caries active.

Exclusion criteria:

Lack of proper cooperation when drinking beverages
Insufficient saliva to measure pH

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **16**

More than 1 sample in each individual

Number of samples in each individual: **6**

Saliva samples were collected in pre-drink, immediately
after drinking, 5, 20, 40 and 60 minutes after drinking in
a test tube.

Randomization (investigator's opinion)

Randomized

Randomization description

Lottery method of Simple random sampling

Blinding (investigator's opinion)

Single blinded

Blinding description

Outcome Assessor: The comprehensive research
laboratory expert assesses and reports the pH of saliva
without knowing the type of drink consumed by the
participant. The data analyzer will also analyze the data
without knowing the location of the individuals in each
group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Birjand University of Medical

Street address

Avini Blvd

City

Birjand

Province

South Khorasan

Postal code

9717811674

Approval date

2020-09-28, 1399/07/07

Ethics committee reference number

IR.BUMS.REC.1399.298

Health conditions studied

1

Description of health condition studied

Decay

ICD-10 code

K02

ICD-10 code description

Dental caries

Primary outcomes

1

Description

PH Saliva

Timepoint

Before and immediately after drinking, 0, 5, 20, 40 and
60 after drinking each drink

Method of measurement

Using the pH meter in the comprehensive research
laboratory of Birjand University of Medical Sciences will
be evaluated by an expert.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Students receiving Lakido drink
(Kaleh-Iran Company) in the amount of 80 cc.

Category

Prevention

2

Description

Intervention group: Students receiving milk drink (Pegah
Company - Iran) in the amount of 80 cc.

Category

Prevention

3

Description

Intervention group: Students receiving cocoa milk drink
(Pegah Company - Iran) in the amount of 80 cc.

Category

Prevention

4**Description**

Intervention group: Students receiving carbonated soft drinks (Coca-Cola Company - Iran) in the amount of 80 cc.

Category

Prevention

5**Description**

Control group: Students receiving mineral water drinks (Desani Company - Iran) in the amount of 80 cc.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Birjand University of Medical Sciences

Full name of responsible person

Farzad Mogharabi

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

Dr Tooba Kazemi

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Ghaffari Blvd

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9717853577

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Email

public_r@bums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Birjand 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**

Birjand University of Medical Sciences

Full name of responsible person

Zabihuulah Mohaghegh

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

General Practitioner

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

Dr. Mehrnaz Khademi

Position

Member of the Faculty

Latest degree

Specialist

Other areas of specialty/work

Dentistry

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Person responsible for updating data

Contact
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Full name of responsible person
Zabihullah Mohaghegh
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Latest degree
Bachelor
Other areas of specialty/work
General Practitioner
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available