

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Assessment of physicochemical, rheological, microbial and sensory properties of fermented probiotic soy ice cream

Protocol summary

Summary

Due to bacterial resistance to antibiotics also outbreaks of intestinal diseases and colds among children and adult, scientists try to control these diseases by prevention. Probiotics are beneficial bacteria that live in human intestines and compete with pathogenic bacteria and strengthen the immune system have positive effects on host health. Ice cream, having a stable environment and stable conditions, the product is suitable for transferring probiotics to the host body, especially the soy ice cream in addition to the above features of the property is Functional food . This study considers the production of soy milk, ice cream and transfer between individuals to use probiotics. The fermentative production of probiotic soy ice cream the first ice cream mix prepared and then divided into two parts, one part bacteria (*Lactobacillus casei* 01) are added and allowed to ferment works to be done, sensory evaluation and comparison with the results of its control soy ice cream, the assessor uses 40 and the methods used to question letter. probiotic therapy in conjunction with a live review of cell culture in MRS agar pore plait method used be and to perform physicochemical tests , rheological and sensory National Iranian Standard No. 2450 to operate and if necessary, the standard AOAC 1997 to be taken.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201202195554N6**

Registration date: **2012-07-29, 1391/05/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-07-29, 1391/05/08

Registrant information

Name

Aziz Homayouni

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

Expected recruitment start date

2012-02-18, 1390/11/29

Expected recruitment end date

2012-08-21, 1391/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment of physicochemical, rheological, microbial and sensory properties of fermented probiotic soy ice cream

Public title

Assessment of physicochemical, rheological, microbial and sensory properties of fermented probiotic soy ice cream

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria: not having any diseases (including a

cold); not smoking exclusion criteria: having any diseases (including a cold); smoking

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **40**

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

Vice chancellor for research, Tabriz University of Medical Sciences

Street address

Golbad Ave

City

tabriz

Postal code

5166614711

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

9160

Health conditions studied

1

Description of health condition studied

Healthy subjects

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Assessment of sensory properties of fermented probiotic soy ice cream and soy ice cream and comparing them

Timepoint

Exactly after the consumption of each kind of ice cream

Method of measurement

Hedonic system (questionnaire)

2

Description

Evaluation of physicochemical and rheological properties of probiotic ice cream prepared by fermentation of soy milk

Timepoint

After the initial mixture and cream production

Method of measurement

Using the standard commands No2450

3

Description

Assess the viability of probiotic bacteria, Lactobacillus casei in fermentation product of soy milk in ice cream

Timepoint

Immediately before and after the production and after 7,14,21,28,60,90,120,150,180 days

Method of measurement

pore plait method in MRS medium

Secondary outcomes

empty

Intervention groups

1

Description

One hundred grams of fermented probiotic soy ice cream will be given to each volunteer for sensory evaluation only once

Category

Prevention

2

Description

One hundred grams of soy ice cream will be given to each volunteer for sensory evaluation only once

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz University of Medical Sciences

Full name of responsible person

Street address

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tabriz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Rashidi

Street address

Golbad st, tabriz, East Azarbaijan , iran

City

tabriz

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

Yes

Title of funding source

Vice chancellor for research, Tabriz 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**

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Aziz Homayouni Rad

Position

Assistant Professor, Department of Food Science and Technology

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Web page address

Person responsible for updating data

Contact

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