

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

Comparison of the effect of multiple dietary supplements on the quality of sperm parameters of elite and amateur football players

Protocol summary

Study aim

Comparison of the effect of multiple dietary supplements on the quality of sperm parameters of elite and amateur football players

Design

football training

Settings and conduct

university

Participants/Inclusion and exclusion criteria

Football player

Intervention groups

supplement

Main outcome variables

sperm factors

Email address

srostami.20@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-10-27, 1400/08/05

Expected recruitment end date

2021-10-27, 1400/08/05

Actual recruitment start date

2021-10-27, 1400/08/05

Actual recruitment end date

2021-10-27, 1400/08/05

Trial completion date

2021-11-26, 1400/09/05

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211103052956N1**

Registration date: **2021-11-10, 1400/08/19**

Registration timing: **retrospective**

Last update: **2021-11-10, 1400/08/19**

Update count: **0**

Registration date

2021-11-10, 1400/08/19

Registrant information

Name

Saeid Rostami

Name of organization / entity

Ragheb Isfahani higher education institute

Country

Iran (Islamic Republic of)

Phone

+98 31 3368 9040

Scientific title

Comparison of the effect of multiple dietary supplements on the quality of sperm parameters of elite and amateur football players

Public title

Comparison of the effect of multiple dietary supplements on the quality of sperm parameters of elite and amateur football players

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

be athlete

Exclusion criteria:

Age

From **22 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **80**

Actual sample size reached: **80**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee in biomedical research

Street address

Islamic Azad University of Isfahan

City

Isfahan

Province

Isfahan

Postal code

1111111111

Approval date

2021-01-24, 1399/11/05

Ethics committee reference number

IR.IAU.KHUISF.REC.1399.260

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Sperm factors

Timepoint

pre and post test

Method of measurement

spermatogenesis

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: dietary supplement

Category

Other

2

Description

Control group: starch tablet

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Full name of responsible person

Street address

Isfahan

City

Isfahan

Province

Isfahan

Postal code

1111111111

Phone

+98 31 4522 9250

Email

srostami.20@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ragheb Isfahani higher education institute

Full name of responsible person

Saeid Rostami

Street address

Isfahan

City

Isfahan

Province

Isfahan

Postal code

1111111111

Phone

+98 31 4522 9250

Email

srostami.20@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ragheb Isfahani higher education institute

Proportion provided by this source

100

Public or private sector

Private

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

Ragheb Isfahani higher education institute

Full name of responsible person

Saeid Rostami

Position

faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

Street address

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City

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Province

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Phone

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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Ragheb Isfahani higher education institute

Full name of responsible person

Saeid Rostami

Position

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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

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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Comparison of the effect of multiple dietary supplements on the quality of sperm parameters of elite and amateur football players

When the data will become available and for how long

september- november 2021

To whom data/document is available

researchers and student

Under which criteria data/document could be used
after submission of article
From where data/document is obtainable
corresponding author

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