Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of the effectiveness of turmeric extract(Curcumin) in brightening lip color

Protocol summary

Study aim
Determining the effectiveness of turmeric extract in brightening lip color
Design
Clinical trial with control group, with parallel groups, one-way blind, randomized, phase 2-3 in 56 patients
Settings and conduct
This study is a interventional study that is performed on patients referred to the dermatology clinic of the Great Prophet Hospital with a complaint of dark lips. Individuals are randomly divided into two groups. One group is selected as a control and one group as an intervention group . The intervention (case)group is given a therapeutic product that is a curcumin-based lip balm and the control group is given a curcumin-free lip balm. Lip balm should be rubbed on the lips every 4 hours. All individuals in both groups are monitored monthly by lip imaging for 6 months and the results are recorded. Participants are continuously monitored and in case of any side effects, the product is stopped.
Participants/Inclusion and exclusion criteria
Entry conditions: dark lips and completely healthy lip skin before the study No entry conditions:1. Presence of skin lesions or any sores or inflammation on the lips before the study 2. History of allergic reaction to curcumin
Intervention groups
The intervention group is given a therapeutic product that is a curcumin-based lip balm and the control group is given a curcumin-free lip balm. Lip balm should be rubbed on the lips every 4 hours.
Main outcome variables
Lip lightness

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20211111053038N1**
Registration date: **2022-06-22, 1401/04/01**
Registration timing: **retrospective**

Last update: **2022-06-22, 1401/04/01**
Update count: **0**
Registration date
2022-06-22, 1401/04/01

Registrant information
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Reyhaneh Pasandipour
Name of organization / entity
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2021-12-22, 1400/10/01
Expected recruitment end date
2022-06-22, 1401/04/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluation of the effectiveness of turmeric extract(Curcumin) in brightening lip color

Public title
Evaluation of the effectiveness of turmeric

extract(Curcumin) in brightening lip color

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

dark lips completely healthy lip skin before the study

Exclusion criteria:

Presence of skin lesions or any sores or inflammation on the lips before the study history of Allergic reaction to curcumin

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

- Participant

Sample size

Target sample size: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

The study is a simple one-way blind randomized clinical trial that 56 patients were randomly selected by simple sampling method among patients with dark lips who referred to the skin clinic of the Payambar Azam in Bandar Abbas after examining the inclusion and exclusion criteria. For the first step we prepare 56 similar small packages. In 28 packs we put a paper named A and in the other 28 packs we put papers named B, the patients don’t know the content of packs. At the patient entrance let them to choose one pack randomly from all mixed 56 packs and give the chosen pack to doctor. The doctor will start the treatment based on the package name which is A(case group) or B(control group).

Blinding (investigator's opinion)

Single blinded

Blinding description

The participants of the control group are blind as receiving a therapeutic product without the substance evaluated in the study (curcumin). This group receives lip balm without curcumin

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Hormozgan University of Medical Science

Street address

Hormozgan university of medical science , Chamran blvd

City

BandarAbbas

Province

Hormozgan

Postal code

7916613885

Approval date

2021-09-05, 1400/06/14

Ethics committee reference number

IR.HUMS.REC.1400.257

Health conditions studied

1

Description of health condition studied

Dark Lip Color

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The amount of lightening of lip color due to curcumin

Timepoint

Lip imaging at the beginning of the study and then every month for 6 months

Method of measurement

Mobile phone imaging and lip color comparison from the beginning to the end of the study

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: . The intervention group is given a therapeutic product that is a curcumin-based lip balm . For 6 months lip balm should be rubbed on the lips every 4 hours

Category

Treatment - Drugs

2

Description

Control group: control group is given curcumin-free lip balm. Lip balm should be rubbed on the lips every 4 hours.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Payambar Aazam hospital
Full name of responsible person
Sedigheh Tavakoli
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Payambar Aazam hospital, infront of Farhangian alley
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
Bandare-abbas 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
Bandare-abbas University of Medical Sciences
Full name of responsible person
reyhaneh pasandipour
Position
medical student
Latest degree
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Person responsible for updating data

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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
No - There is not 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
The main consequence of the study is that it can be shared without identifying individuals
When the data will become available and for how long
Access started 6 months after the end of the study
To whom data/document is available
Researchers working in academic and scientific institutions and the pharmaceutical industry
Under which criteria data/document could be used
Beauty researchers and pharmacists
From where data/document is obtainable
dr sedigheh tavakoli, Hormozgan university of medical science, bandarabbas 00987633333280
What processes are involved for a request to access data/document
Contact Hormozgan university of medical science
Comments