

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Clinical trial of the effect of multi mineral-vitamin D supplementation compared with the placebo on metabolic profiles in women with polycystic ovary syndrome

Protocol summary

Study aim

The aim of this study is to determine the effects of multi mineral-vitamin D supplementation on metabolic profiles in patients of polycystic ovary syndrome (PCOS).

Design

Study design: Parallel double-blind (both patients and researchers) clinical trial. Randomization will be done by the use of computer-generated random numbers.

Settings and conduct

Population and sample size: Among patients with PCOS referred to Kosar Clinic affiliated to Arak University of Medical Sciences, 60 patients will be selected according to inclusion and exclusion criteria.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with PCOS according to Rotterdam criteria aged 18 to 40 years. Exclusion criteria: Intake of magnesium, zinc, calcium and/or vitamin D supplements within the past 3 months, pregnant women, metabolic disorders, including hyperandrogenism, Cushing's syndrome, androgen secreting tumors, hyperprolactinemia, thyroid dysfunction and not residing in Arak area.

Intervention groups

Intervention: Patients will be assigned into two groups to receive multi mineral-vitamin D (n=30) or placebo (n=30). Multi mineral-vitamin D and placebos capsules are similar in shape and size.

Main outcome variables

Outcomes: Markers of insulin metabolism and hormonal profiles (primary outcomes) and lipid profiles, biomarkers of inflammation and oxidative stress (secondary outcome) will be quantified at study baseline and end-of-trial.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT201701165623N103**

Registration date: **2017-01-22, 1395/11/03**

Registration timing: **registered_while_recruiting**

Last update: **2019-09-22, 1398/06/31**

Update count: **1**

Registration date

2017-01-22, 1395/11/03

Registrant information

Name

Zatollah Asemi

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 36 1534 3570

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asemi_z@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2017-01-12, 1395/10/23

Expected recruitment end date

2017-02-01, 1395/11/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial of the effect of multi mineral-vitamin D supplementation compared with the placebo on metabolic profiles in women with polycystic ovary syndrome

Public title

Effect of supplementation in treatment of women with polycystic ovary syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with PCOS according to Rotterdam criteria Aged 18 to 40 years

Exclusion criteria:

Intake of magnesium, zinc, calcium and/or vitamin D supplements within the past 3 months. Pregnant women
Metabolic disorders, including hyperandrogenism, Cushing's syndrome, androgen secreting tumors, hyperprolactinemia. Thyroid dysfunction Not residing in Arak area

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

3

Groups that have been masked

- Participant
- Investigator
- Outcome assessor

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be done by the use of computer-generated random numbers.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants, investigators or the assessors of the outcomes are unaware of the study groups.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Arak University of Medical

Sciences

Street address

Vice chancellor for research, Arak University of Medical Sciences, Sardasht Avenue, Arak

City

Arak

Province

Markazi

Postal code

3814113634

Approval date

2017-01-11, 1395/10/22

Ethics committee reference number

IR.ARAKMU.REC.1395.325

Health conditions studied

1

Description of health condition studied

Polycystic ovary syndrome

ICD-10 code

E28.2

ICD-10 code description

Polycystic ovary syndrome

Primary outcomes

1

Description

Insulin

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Elisa kit

2

Description

Insulin resistance

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Calculation using HOMA formula

3

Description

Fasting plasma glucose

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Enzymatic kit

4

Description

Total testosterone

Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Elisa kit

5

Description
SHBG
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Elisa kit

Secondary outcomes

1

Description
Triglycerides
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Enzymatic kit

2

Description
Total cholesterol
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Enzymatic kit

3

Description
HDL
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Enzymatic kit

4

Description
Total antioxidant
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Spectrophotometry

5

Description
Nitric oxide
Timepoint

At the beginning of the study and after 12 weeks of intervention
Method of measurement
Spectrophotometry

6

Description
Glutathione
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Spectrophotometry

7

Description
Hs-CRP
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Elisa kit

8

Description
VLDL
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Elisa kit

9

Description
LDL
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Elisa kit

10

Description
Malondialdehyde
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement
Spectrophotometry

11

Description
Hirsutism
Timepoint
At the beginning of the study and after 12 weeks of intervention
Method of measurement

Clinical observation

Intervention groups

1

Description

Intervention group: Multi mineral-vitamin D supplements (Vitane, Wolfratshausen, Germany), 400 mg calcium, 100 mg magnesium, 4 mg zinc, 200 IU vitamin D3, daily, for 12 weeks orally.

Category

Treatment - Drugs

2

Description

Control group: Placebo capsule, daily for 12 weeks orally.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kosar Clinic

Full name of responsible person

Maryam Maktabi

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Emam Khomeyni Avenue, Arak

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Markazi

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Email

maktabi.m@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Arak University of Medical Sciences

Full name of responsible person

Mohammad Rafiee

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Vice chancellor for research, Arak University of Medical Sciences, Sardasht Avenue, Arak

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rafiee-m@aums.ac.ir

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, Arak 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

Kashan University of Medical Sciences

Full name of responsible person

Zatollah Asemi

Position

PhD of Nutrition

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

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Position

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Latest degree

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Other areas of specialty/work

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Web page address**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

Person responsible for updating data**Contact****Name of organization / entity**

Kashan University of Medical Sciences

Full name of responsible person

Zatollah Asemi

Position

PhD of Nutrition

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

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