Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effectiveness of cranberry fruit and placebo in the treatment of symptoms of Covid-19 patients

Protocol summary

Study aim

Comparison of the effectiveness of cranberry fruit and placebo in the treatment of symptoms of Covid-19 patients

Design

Clinical trial with control group, with parallel groups, double-blind, randomized, phase 2 on 120 patients. Random Allocation software was used for randomization.

Settings and conduct

In this study, 120 patients with positive covid-19 PCR referred to Imam Reza Hospital in Tabriz were randomly admitted to one of the two groups which studied (two group of drug and placebo). 60 patients entered the intervention group and 60 patients entered the placebo group. Patients' information including age, gender, vital signs upon arrival, extent of pulmonary involvement were recorded by CT-Scan, underlying disease, and medications used. Patients in the intervention group received 500 g of Cranberry capsule daily. The control group received starch-containing capsules as a placebo. Patients were asked to take one capsule daily, then the patients were followed up by telephone for 14 days. Participants and researchers compared the type of blinded capsule and the capsule information in a sealed envelope until the end of the study. The effectiveness of the capsule in reducing clinical symptoms (cough, fatigue and other symptoms) and paraclinical findings as well as the possible side effects of the drug were measured.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Confirmation of Covid-19 by PCR; consent to participate in the study Exclusion criteria: underlying disease; pregnancy; discontinuation of the drug

Intervention groups

60 patients received Cranberry capsule daily as an intervention group and 60 patients received a starch-containing capsule as a control group.

Main outcome variables

Clinical symptoms (cough, fever, etc.) Paraclinical variables (wbc, IL-6, TNF) of the group receiving cranberry and placebo in patients with Covid-19 before and after the intervention

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20101201005287N3**
Registration date: **2022-02-22, 1400/12/03**
Registration timing: **retrospective**

Last update: **2022-02-22, 1400/12/03**
Update count: **0**

Registration date

2022-02-22, 1400/12/03

Registrant information

Name
Akbar Sharifi
Name of organization / entity
Tabriz Medical University
Country
Iran (Islamic Republic of)
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+98 41 1337 5449
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asharifi@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-12-09, 1400/09/18

Expected recruitment end date

2021-12-13, 1400/09/22

Actual recruitment start date

2021-12-09, 1400/09/18

Actual recruitment end date

2021-12-19, 1400/09/28

Trial completion date

empty

Scientific title

Comparison of the effectiveness of cranberry fruit and placebo in the treatment of symptoms of Covid-19 patients

Public title

Cranberry fruit in COVID-19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Confirmation of Covid-19 by PCR test Satisfaction to participate in the study

Exclusion criteria:

Having an underlying disease Pregnant patients Stop taking the drug

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **120**

Actual sample size reached: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

From the patients who volunteered to participate in the study, 120 people will be selected by simple random sampling. Randomization method: block Randomization unit: individual Random layers: In each block, people will be matched based on age and gender. Random Allocation tool: Random Allocation software How to build a random sequence: Using Random Allocation software Concealment: A random sequence created in a safe place and performed by an independent, non-independent person during the study.

Blinding (investigator's opinion)

Double blinded

Blinding description

This study is a double-blind study that evaluates the consequences in this study and patients participating in the study will be unaware of the type of supplement received. Supplements will be provided to patients by another person who has no role in completing the questionnaire. Patients will also be informed of the existence of two types of supplements (cranberry fruit capsules and placebo) when obtaining consent, but will be unaware of which study groups they will be placed in. The capsules are exactly the same in shape, color and size and will smell the same due to their proximity for several days.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tabriz University of Medical Sciences

Street address

Emam Reza hospital, Golgasht Ave

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Approval date

2021-12-09, 1400/09/18

Ethics committee reference number

IR.TBZMED.REC.1400.918

Health conditions studied

1

Description of health condition studied

COVID-19, virus identified

ICD-10 code

U07.1

ICD-10 code description

COVID-19, virus identified

Primary outcomes

1

Description

Interleukin-6 blood levels of patients before and after taking the drug

Timepoint

Before starting the drug and 14 days after taking the drug

Method of measurement

Blood sample analysis for IL-6 by ELISA in the laboratory

Secondary outcomes

1

Description
Serum TNF-α levels in patients' plasma
Timepoint
At the beginning of the study (before the intervention) and 14 days after starting the drug
Method of measurement
Blood sample analysis for TNF-α by ELISA in the laboratory

Intervention groups

1

Description
Intervention group: For 14 days, patients received the cranberry capsule (500 g) prepared in Tabriz School of Pharmacy, while receiving it from the researcher while visiting Imam Reza Hospital, and consumed one glass daily with a glass of water.
Category
Treatment - Drugs

2

Description
Control group: For 14 days, patients received a starch capsule (500 g) prepared in Tabriz School of Pharmacy, while visiting the Imam Reza Hospital from a researcher, consuming one daily with a glass of water.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Reza hospital
Full name of responsible person
Akbar Sharifi
Street address
Emam Reza hospital, Golgast street
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Tabriz
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person
Akbar Sharifi
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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
Tabriz 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
Tabriz University of Medical Sciences
Full name of responsible person
Akbar Sharifi
Position
Professor
Latest degree
Subspecialist
Other areas of specialty/work
Internal Medicine
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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
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
No - There is not a plan to make this available
Data Dictionary
Not applicable