

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of camel milk on glycemic control in type 2 diabetic patients referred to hospital Sayyad Shirazi in 2013

Protocol summary

Summary

The purpose of this study is assessing the effect of camel milk on glycemic control in patients with type 2 diabetes. This study is a randomized, double-blind clinical trial of 4 weeks with a sample size of 50 patients with type 2 diabetes, with a non-probability sampling in the first stage is available and will be assigned to intervention and control groups. The intervention group consisted of 25 patients in addition to diabetes treatment plan, camel milk per day at a rate of 500 ml (2 cups) given and the control group consisted of 25 patients given the same amount of milk. Intervention will continue for 4 weeks, fasting blood sample for testing of FBS at the end of the second week and the thirtieth day will be collected. Check two-hour glucose Pd breakfast and HBA1c testing is done after the fourth week.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201308265866N15**

Registration date: **2014-09-22, 1393/06/31**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-09-22, 1393/06/31

Registrant information

Name

Akram Sanagoo

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 17 1443 0360

Email address

sanagoo@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Nursing Research Center, Golestan University of Medical Sciences (Student Research Committee)

Expected recruitment start date

2014-09-09, 1393/06/18

Expected recruitment end date

2015-03-03, 1393/12/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of camel milk on glycemic control in type 2 diabetic patients referred to hospital Sayyad Shirazi in 2013

Public title

Effect of camel milk on glycemic

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: all subjects with type 2 diabetes aged 18-80 years old. Exclusion criteria: Diabetics taking insulin for diabetes complications such as Hyperglycemia diabetic ketoacidosis, acute kidney infections, nephropathy, neuropathy or severe heart disease.

Age

From **18 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 50

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Golestan University of Medical Sciences Ethics Committee

Street address
Gorgan, shastkola, Golestan University

City
gorgan

Postal code
4934174515

Approval date
2014-06-29, 1393/04/08

Ethics committee reference number
930408454

Health conditions studied

1

Description of health condition studied
Diabetes

ICD-10 code
E11

ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
HbA1c

Timepoint
At the beginning, second week, fourth week

Method of measurement
Tool in the laboratory

2

Description
Blood glucose

Timepoint
At the beginning, second week, fourth week

Method of measurement
Scale for blood glucose (glucometer)

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group: consisted of 25 patients in addition to diabetes treatment plan, camel milk per day at a rate of 500 ml (2 cups) given and the Intervention will continue for 4 weeks

Category
Treatment - Other

2

Description
The control group: consisted of 25 patients given the same amount of milk will continue for 4 weeks

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Sayad Shirazi Hospital

Full name of responsible person
Mahdie Margdari Nejad

Street address
Shahid Sayad Shirazi Hospital, Gorgan, Golestan

City
Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Deputy of Research & Technology, Golestan University of Medical Sciences

Full name of responsible person
Masood Khoshnia

Street address
Deputy of Research & Technology, Golestan University of Medical Sciences, Shastkola

City
Gorgan

Grant name

مرکز تحقیقات

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

Yes

Title of funding source

Deputy of Research & Technology, Golestan 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**

Golestan University of Medical Sciences

Full name of responsible person

Mahdie Margdari Nejad

Position

MSc student of nursing

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

Dr. Samira Eshghi Nia

Position

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Web page address**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