Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation the effect of conjugated linoleic acid and omega 3 fatty acids supplements on lipid profile, inflammatory factors and oxidative stress indices on patients with atherosclerosis

Protocol summary

Summary

This randomized clinical trial will be conducted to evaluate the effect of Conjugated linoleic acid and omega3 fatty acids supplements on atherosclerosis and its complications. Ninthly atroscholorotic patients with age>30 years, will be recruited from Emam Reza clinic in Shiraz, Iran. The patients will be randomly divided into 3 groups based on block randomization protocol: treatment group 1 will received3000 mg Conjugated linoleic acid as a 3 Soft gel capsules per day for eight weeks; treatment group 2 will take 1920 mg omega3 fatty acids as a 3 Soft gel capsules per day for eight weeks and control group will receive placebo a 3 Soft gel capsules per day for eight weeks. The patients will be followed for two months. At the beginning and 8 weeks after the start of the study, fasting blood samples will be taken. Lipid profile including cholesterol, triglycerides, LDL and HDL before and after the intervention will be compared in study groups

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201103146067N1**
Registration date: **2011-05-04, 1390/02/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-05-04, 1390/02/14

Registrant information

Name

Dr. Mohammad Hasan Eftekhari Eftekhari

Name of organization / entity

School of health and nutrition, Shiraz University of Mediccal Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz university of medical sciences

Expected recruitment start date

2011-02-11, 1389/11/22

Expected recruitment end date

2011-03-01, 1389/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effect of conjugated linoleic acid and omega 3 fatty acids supplements on lipid profile, inflammatory factors and oxidative stress indices on patients with atherosclerosis

Public title

The effect of conjugated linoleic acid and omega 3 fatty acids on patients with atheroscherosis.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patients with Atherosclerosis with Age more than30 years old, 24.5>Body Mass Index>18.5, use of stable dosage medication for hyperlipidemia in

study period, patients with history of stable angina, heart attack and bypass surgery. Exclusion criteria: Having Acute heart failure ، Arrhythmia, Acute complications of atherosclerosis, using any supplement such as vitamin C, E, Omega3 during and six months before the study, pregnancy , UVB exposure with therapeutic goals and diabetes mellitus

Age
From **30 years** old

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shiraz University of Medical Sciences

Street address
Shiraz University of Medical Sciences

City
Shiraz

Postal code

Approval date
2011-02-10, 1389/11/21

Ethics committee reference number
89-5407

Health conditions studied

1

Description of health condition studied
Heart disease

ICD-10 code
I25.1

ICD-10 code description
بيماري قلبي آترواسكلروتيك

Primary outcomes

1

Description
Lipid profile

Timepoint
Before and after intervention

Method of measurement
Auto Analysor

Secondary outcomes

1

Description
GSH-X(Glutathione peroxidase)

Timepoint
Before and after intervention

Method of measurement
ELIZA

2

Description
MDA (Malondialdehyde)

Timepoint
Before and after intervention

Method of measurement
Spectrophotometery

3

Description
hs-CRP(high sensetive c-reactive protein)

Timepoint
Before and after intervention

Method of measurement
ELIZA

4

Description
Interleukin 6

Timepoint
Before and after intervention

Method of measurement
RIA kit

Intervention groups

1

Description
Conjugated linoleic acid intake,3000 mg per day, for 2months , 3 capsule per day, each capsule contain 1000mg cnjugated linoleic acid

Category
Treatment - Drugs

2

Description
Omega 3 fatty acids intake,1920mg per day for 2 months , 3 capsule per day, each capsule contain 640 mg,omega3 fatty acids
Category
Treatment - Drugs

3

Description
Placebo intake for 2 months , 3 capsule per day
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Reza clinic
Full name of responsible person
Street address
City
shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz university of medical sciences
Full name of responsible person
Dr. Mohammad Hossein Dabaghmanesh
Street address
Shiraz university of medical sciences
City
shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
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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