Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The combined effect of apple vinegar and honey on blood lipids in patient with hyperlipidemia

Protocol summary

Summary

This study aim to investigating the effect of apple vinegar and honey combination on lowering the level of blood lipids and comparing its effect with the lipid - lowering drugs like Atorvastatin and Gemfibrozil. To this aim, the subjects of the study will be selected base on inclusion criteria and using convenience sampling and randomly divided into two groups of intervention and control after obtaining permission from the university and acquiring the participants' informed consents. The study sample consists of 60 patients with increase levels of blood lipids(cholesterol, TG, LDL, HDL). For subsequent investigations, levels of blood lipids are measure at the beginning and 4 weeks after the intervention in both groups . The participants in the control group only receive their usual medication during this 4-week period, while those in the intervention group will be administered one tablespoon of honey and apple vinegar in a glass containing 200cc water twice a day in addition to their usual lipid-lowering drugs. After 4 weeks, levels of blood lipids are measure in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201512206634N3**
Registration date: **2016-01-22, 1394/11/02**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-01-22, 1394/11/02

Registrant information

Name

Soleiman Zand

Name of organization / entity

Arak University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3524

Email address

slmnzand@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Center School of ARAK Nursing and Midwifery supplied.

Expected recruitment start date

2015-12-26, 1394/10/05

Expected recruitment end date

2016-03-16, 1394/12/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The combined effect of apple vinegar and honey on blood lipids in patient with hyperlipidemia

Public title

The combined effect of apple vinegar and honey on blood lipids in patient with hyperlipidemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having high levels of blood lipids; over 20 and under 50 years of age; being conscious and able to communicate; having no experience of such training in other centers; using no herbal remedies effective for managing blood lipids. Exclusion criteria: lack of consent to participate in the study; not being affected by gastric

and duodenal ulcers; suffering from acute medical problems; suffering from mental health problems and addiction; simultaneous participation in another study interfering with the present one.

Age
From **20 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Not 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
Ethics committee of Arak University Of Medical Sciences

Street address
College Of Nursing And Midwifery, Sardasht Street,Arak

City
ARAk

Postal code
6941-7-38481

Approval date
2010-09-23, 1389/07/01

Ethics committee reference number
3-158-93

Health conditions studied

1

Description of health condition studied
Hyperglisiridemi

ICD-10 code
E78.1

ICD-10 code description
puar Haiperglyceridaemia

Primary outcomes

1

Description
Level fat in blood

Timepoint
First and four week later

Method of measurement
Blood sample

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: in the intervention group will be administered one tablespoon each honey and apple vinegar in a glass containing 200cc water twice a dayin addition to their usual lipid-lowering drugs.

Category
Treatment - Drugs

2

Description
Control group:The participants in the control group only will be received their usual medication during this 4-week period.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Amiralmomenin Educational And Remedial Center

Full name of responsible person
Ms Hajian Leila

Street address
Amiralmomenin Educational And Remedial Center, Sardasht Street, Arak, Iran

City
Amiralmomenin Educational And Remedial Center, Sardasht Street, Arak, Iran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Deputy for Research Medical University Of Arak

Full name of responsible person
Dr Rafii Mohammad

Street address

School Of Nursing And Midwifery Arak University Of Medical Sciences, Sardasht Street,Arak,Iran

City

Arak

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Deputy for Research Medical University Of Arak

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

College Of Nursing & Midwifery, Sardasht Street, Arak

Full name of responsible person

Zand Soleiman

Position

Msc In Medical Education

Other areas of specialty/work

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Person responsible for scientific inquiries

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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