

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 May 2026

### Evaluating the effect of juglans regia extract on blood glucose and lipid profile in type II diabetic patients

#### Protocol summary

##### Summary

The present study was designed to investigate the efficacy of Juglans regia extract dry powder on blood glucose and lipid profile in type II diabetic patients. 61 patients aged between 40 to 60 years, fasting blood glucose between 150-250 mg/dl and HbA1c 7.5-10% taking anti diabetic drug such as Metformin or Glibenclamid that signed the written informed consent will be selected. All patients who suffering from severe kidney, liver, heart and pulmonary diseases, hypersensitivity to any drug, foot ulcer or gangrene, active cancer or previous cancer during the last 5 years, alcoholic or cigarette smoker individuals, pregnant and breast feeding patients will be excluded. The patients will be randomly allocated into two groups. One group received 200 mg juglans regia as capsules, two times daily, for 3 month and second group received placebo capsules. Fasting blood glucose, glycosilated hemoglobin, total cholesterol, LDL, HDL cholesterol, triglyceride, creatinine, SGOT and SGPT were measured at the beginning and after three months.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201106076720N1**

Registration date: **2012-03-09, 1390/12/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-03-09, 1390/12/19

##### Registrant information

##### Name

Leila Jamshidi

##### Name of organization / entity

Tehran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8822 0038

##### Email address

leila\_jamshidi4@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Institute of Medicinal Plant ACECR, Endocrinology & Metabolism Research Center

##### Expected recruitment start date

2010-10-23, 1389/08/01

##### Expected recruitment end date

2011-05-22, 1390/03/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluating the effect of juglans regia extract on blood glucose and lipid profile in type II diabetic patients

##### Public title

Effect of juglans regia on diabetes

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: age between 40 to 60 years; confirmed type II diabetes at least for two years with fasting blood glucose 150-250 mg/dl; taking metformin or glibenclamid; having HbA1c 7.5-10%; All patients signed the written informed consent. Exclusion criteria: insulin therap; infectious diseases; severe kidney disease with Cr>270 umol/L; liver, heart or pulmonary disease;

hypersensitivity to any drug; foot ulcer or gangrene; major depressive disorders; active cancer or previous cancer during the last 5 years; alcohol consumption; cigarette smoking; pregnancy and breast feeding.

#### Age

From **40 years** old to **60 years** old

#### Gender

Both

#### Phase

3

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **61**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Double blinded

#### Blinding description

#### Placebo

Used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Endocrinology & Metabolism Research Center, Tehran  
University of Medical Sciences

##### Street address

Endocrinology & Metabolism Research Center, Tehran  
University of Medical Sciences

##### City

Tehran

##### Postal code

1484958693

#### Approval date

2011-01-23, 1389/11/03

#### Ethics committee reference number

257

## Health conditions studied

### 1

#### Description of health condition studied

Diabetes

#### ICD-10 code

E11

#### ICD-10 code description

Non-insulin-dependent diabetes mellitus

### 2

#### Description of health condition studied

Disorder of lipoprotein metabolism

#### ICD-10 code

E78.9

#### ICD-10 code description

Disorder of lipoprotein metabolism, unspecified

## Primary outcomes

### 1

#### Description

Glycosylated hemoglobin

#### Timepoint

Baseline and after three months

#### Method of measurement

HPLC method

### 2

#### Description

TG - total cholesterol

#### Timepoint

Baseline and after three months

#### Method of measurement

Fasting blood Cholesterol and TG level in Baseline and after three months by enzymatic oxidase method.

### 3

#### Description

Fasting blood glucose

#### Timepoint

Baseline and after three months

#### Method of measurement

Glucose oxidase method

## Secondary outcomes

### 1

#### Description

SGOT

#### Timepoint

Baseline and after three months

#### Method of measurement

SGOT level in fasting blood sample by DGKG enzymatic method

### 2

#### Description

SGPT

#### Timepoint

Baseline and after three months

#### Method of measurement

SGPT level in fasting blood sample by DGKG enzymatic method

### 3

#### Description

Creatinin

#### Timepoint

Baseline and after three months

#### Method of measurement

The fasting blood Creatinin level by JAPH enzymatic method

### Intervention groups

#### 1

#### Description

Intervention: Juglans regial extrac powder 200 mg in capsule two times a day for three months

#### Category

Treatment - Drugs

#### 2

#### Description

Control: placebo 200 mg in capsule two times a day for three months

#### Category

Placebo

### Recruitment centers

#### 1

#### Recruitment center

##### Name of recruitment center

Endocrinology & Metabolism Research Center

##### Full name of responsible person

Leila Jamshidi

##### Street address

Shariati Hospital, Tehran University of Medical Sciences

##### City

Tehran

### Sponsors / Funding sources

#### 1

#### Sponsor

##### Name of organization / entity

Jahad Daneshgahii

##### Full name of responsible person

Haji Tarverdi

##### Street address

Jahad Daneshgahii, Engelab Ave

##### City

Tehran

##### Grant name

##### Grant code / Reference number

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

Yes

##### Title of funding source

Jahad Daneshgahii

##### Proportion provided by this source

##### 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

#### 2

#### Sponsor

##### Name of organization / entity

Endocrinology & Metabolism Research Center

##### Full name of responsible person

Ramin Heshmat

##### Street address

Shariati Hospital, Tehran University of Medical Sciences

##### City

Tehran

##### Grant name

##### Grant code / Reference number

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

Yes

##### Title of funding source

Endocrinology & Metabolism Research Center

##### Proportion provided by this source

##### 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

Endocrinology & Metabolism Research Center

##### Full name of responsible person

Leila Jamshidi

##### Position

M.S

##### Other areas of specialty/work

##### Street address

Shariati Hospital, Tehran University of Medical Sciences

##### City

Tehran

##### Postal code

141554364

##### Phone

##### Fax

##### Email

Leila\_jamshidi4@yahoo.com

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Endocrinology & Metabolism Research Center

**Full name of responsible person**

Leila jamshidi

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M.S

**Other areas of specialty/work**

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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*