

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 2026

### Evaluating the effect of juglans regial 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, glycosylated 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**

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**Postal code**

141554364

**Phone****Fax****Email**

Leila\_jamshidi4@yahoo.com

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

**Name of organization / entity**

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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*