

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Comparison of the effect of short-term supplement of garlic and ginger on the respons of C-reactive protein to a progressive exercise session in overweight inactive middle-aged women

Protocol summary

Study aim

The aim of the research is to compare the short-term supplemental effect of garlic and ginger on CRP response to a progressive resistance training session in overweight inactive middle-aged women.

Design

Clinical trial with control group, with parallel group, single blind, simple randomized, phase 3 on 21 volunteers.

Settings and conduct

The population of participants is overweight middle-aged women of Chalus city

Participants/Inclusion and exclusion criteria

The participants must be overweight (BMI between 26 and 30) and in the age group of 35 to 55 years. Among other conditions, there is no history of sports activity in the last 6 months and no disease, no refusal or any sensitivity to the use of supplements. is intended.

Intervention groups

Taking garlic or ginger supplements in two groups of 7 people, a control group of 7 people with placebo and exercise training intervention in all 3 groups

Main outcome variables

The independent variables include exercise and garlic and ginger supplements. The dependent variable is C-reactive protein or CRP response.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230805059037N1**

Registration date: **2023-09-10, 1402/06/19**

Registration timing: **retrospective**

Last update: **2023-09-10, 1402/06/19**

Update count: **0**

Registration date

2023-09-10, 1402/06/19

Registrant information

Name

Fatemeh Soltanifar

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-12, 1402/05/21

Expected recruitment end date

2023-08-17, 1402/05/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of short-term supplement of garlic and ginger on the respons of C-reactive protein to a progressive exercise session in overweight inactive middle-aged women

Public title

Effect of short-term supplement of garlic and ginger on the respons of C-reactive protein to a progressive exercise session

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

BMI(body mass index) in the overweight range of 26 to 30 years old

Exclusion criteria:

Using steroidal and non-steroidal anti-inflammatory drugs for at least 2 months before History of sports activity in the last 6 months Absence of diseases Refusal or any sensitivity to taking the desired supplements

Age

From **35 years** old to **55 years** old

Gender

Female

Phase

3

Groups that have been masked

- Participant

Sample size

Target sample size: **21**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple random method with the entry criteria of BMI of the participants who must be in the overweight range of 26 to 30. After determining the BMI of the people from a certain BMI to below, a simple random draw of 3 people, 3 people, and 3 envelopes number 1 Number 2 and number 3 are separated for 3 ginger supplement groups - garlic supplement group - placebo group. The lottery is done by someone other than the researcher.

Blinding (investigator's opinion)

Single blinded

Blinding description

In the present study, the participants were kept blind. In this way, the purpose and reason for conducting the research will be explained to the participants in the briefing session, an informed consent form will be obtained, but which garlic or ginger supplement or placebo will the participants take? They will not be informed.

Placebo

Used

Assignment

Parallel

Other design features

A semi-experimental applied study with a pre-test, post-test research design with a control group

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic AzadUniversity .Tunkabon branch

Street address

Killometer 3 Chalus-Wali Abad roadTtunkabon Islamic Azad University complex

City

Tunkabon

Province

Mazandaran

Postal code

4684161167

Approval date

2023-08-14, 1402/05/23

Ethics committee reference number

IR.IAU.TON.REC.1402.042

Health conditions studied

1

Description of health condition studied

Checking the level of C-reactive protein or CRP

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The percentage of change in the blood level of C-reactive protein or (CRP)

Timepoint

Blood measurement of C-reactive protein or (CRP) level before starting the intervention, 14 days after taking garlic or ginger supplement.

Method of measurement

Measurement in a blood sample (blood test)

Secondary outcomes

1

Description

level of C-reactive protein or (CRP)

Timepoint

Blood measurement of C-reactive protein or (CRP) level before starting the intervention, 14 days after taking garlic or ginger supplement.

Method of measurement

Measurement in a blood sample (blood test)

Intervention groups

1

Description

Control group: Control group: First intervention group: Ginger supplement group produced by Gol Daro Pharmaceutical Factory (n=7) which is taken in the form of 1 gram of dry ginger in the form of 2 capsules of 500

mg with 2 meals, breakfast and lunch with 250 ml of water. The second experimental group: the garlic supplement group produced by Gol Daro pharmaceutical factory (n=7), which is consumed in the form of 1 gram of garlic powder in the form of 2 capsules of 500 mg with 2 meals, breakfast and lunch, along with 250 ml of water for two days.

Category

Treatment - Drugs

2

Description

Control group: The third experimental group: the placebo group will take 1 gram of starch powder produced by Gol Daro pharmaceutical factory in the form of 2 capsules of 500 mg with 2 meals of breakfast and lunch with 250 ml Water.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Health and Treatment network of Chalus city -
Ayatollah Taleghani Hospital

Full name of responsible person

Fatemeh Soltanifar

Street address

Salamat Alley ,Imam Street, Health Network and
Taleghani Hospital

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<http://www.hcch.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Samaneh Damanpak

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Fatemeh Soltanifar

Position

Employee of the Ministry of Health

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available