

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of cinnamon on hemoglobin A1c in type 2 diabetic patients

#### Protocol summary

##### Study aim

Determining the effect of cinnamon on HbA1c in type 2 diabetic patients

##### Design

A clinical trial with a control group, with parallel groups, double-blind, randomized, phase 1 on 126 patients, where computer random numbers were used for randomization by the supervisor.

##### Settings and conduct

In this trial, after obtaining the code of ethics, 126 patients of Farahikhetgan Hospital with type 2 diabetes were included in the study. The patients and the researcher were blinded in this study, and for this purpose randomization was done by the supervisor using computer random numbers. For the treatment group Two cinnamon capsules were prescribed daily for 12 weeks and for the control group, the same amount of placebo was prescribed for 12 weeks.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Age 30 to 70 years; Informed consent; patients of Farahehtegan Hospital; Type 2 diabetes. Exclusion criteria: patients with diabetes along with hypertension, ischemic heart diseases,, rheumatological diseases, renal diseases, insulin treatment, history of bleeding diseases, being treated with anticoagulants such as warfarin or NOAC.

##### Intervention groups

For the treatment group, two cinnamon capsules were prescribed daily for 12 weeks, and for the control group, placebo the same amount was prescribed for 12 weeks.

##### Main outcome variables

The effect of cinnamon supplementation for 12 weeks on reducing fasting blood sugar, hemoglobin A1c, triglycerides and cholesterol has been insignificant.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230611058448N1**

Registration date: **2023-09-12, 1402/06/21**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-09-12, 1402/06/21**

Update count: **0**

##### Registration date

2023-09-12, 1402/06/21

##### Registrant information

###### Name

Zahra Sormeili

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 7762 2366

###### Email address

alirezapanahian72@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-09-03, 1402/06/12

##### Expected recruitment end date

2023-12-03, 1402/09/12

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of cinnamon on hemoglobin A1c in type 2 diabetic patients

##### Public title

The effect of cinnamon on blood sugar in type 2 diabetic patients

##### Purpose

Treatment

**Inclusion/Exclusion criteria**

**Inclusion criteria:**  
Age over 30 years and less than 70 years Informed consent suffering from type 2 diabetes Patients of Farahehtegan Hospital

**Exclusion criteria:**  
Patients with hypertension Insulin treatment History of bleeding diseases Being treated with anticoagulants such as warfarin or NOAC Patients with kidney diseases Patients with ischemic heart disease Patients with rheumatological diseases

**Age**  
From **30 years** old to **70 years** old

**Gender**  
Both

**Phase**  
1

**Groups that have been masked**

- Participant
- Investigator

**Sample size**  
Target sample size: **126**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Since the study is double-blind, the randomization was done by the supervisor. Each patient was assigned a number from 1 to 126. Then, in order to divide people into two groups, control and treatment, online random number generation was used and 63 random numbers were generated from 1 to 126, based on these numbers, these people were placed in the treatment group and the remaining numbers were in the control group.

**Blinding (investigator's opinion)**  
Double blinded

**Blinding description**  
The doctor is unaware of the study groups, the patient is unaware of the study groups, the researcher is unaware of the study groups, the data analyst is unaware of the study groups .The division of patients into drug and placebo groups is done by nurses outside of the above groups.

**Placebo**  
Used

**Assignment**  
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Islamic Azad University of

Medical Sciences

#### Street address

Headquarters building of Tehran Islamic Azad University of Medical Sciences, corner of Gol Yakh St., Ayane Blvd., Amir Pabarja St., two-way Qalhak, Doktor Shariati St.

#### City

Tehran

#### Province

Tehran

#### Postal code

1949635881

#### Approval date

2022-10-29, 1401/08/07

#### Ethics committee reference number

IR.IAU.TMU.REC.1401.324

## Health conditions studied

### 1

#### Description of health condition studied

Diabetes mellitus type 2

#### ICD-10 code

Z71.3

#### ICD-10 code description

Dietary counseling and surveillance

## Primary outcomes

### 1

#### Description

HbA1c

#### Timepoint

At the beginning of the study (before the intervention) and after 12 weeks

#### Method of measurement

Blood Test

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: For this group, 2 capsules of 500 mg of cinnamon were prescribed daily for 12 weeks.

#### Category

Treatment - Drugs

### 2

#### Description

Control group: For this group, 2 capsules per day of placebo have been prescribed for 12 weeks.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Farhikhtegan Hospital

**Full name of responsible person**

Zahra Sormeili

**Street address**

in front of the central organization of Islamic Azad University, North of University Square, Satari end

**City**

Tehran

**Province**

Tehran

**Postal code**

1477899679

**Phone**

+98 21 4484 5163

**Email**

farhikhteganhospital@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Zahra Sormeili

**Street address**

Islamic Azad University of Medical Sciences, Tehran branch , Khagani St., Shariati St.

**City**

Tehran

**Province**

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**Postal code**

1916893813

**Phone**

+98 21 2200 6660

**Email**

Int.affairs@tms.iau.ir

**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**

10

**Public or private sector**

Private

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

*empty*

**Country of origin****Type of organization providing the funding**

Other

## Person responsible for general inquiries

#### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Zahra Sormeili

**Position**

Medical Student

**Latest degree**

A Level or less

**Other areas of specialty/work**

General Practitioner

**Street address**

In front of the central organization of Islamic Azad University, North of University Square, At the end of Sattari

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**Province**

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**Email**

zahrasormeili@gmail.com

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

Medical Student

**Latest degree**

A Level or less

**Other areas of specialty/work**

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## Person responsible for updating data

#### Contact

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

Medical Student

**Latest degree**

A Level or less

**Other areas of specialty/work**

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**Email**

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

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

Due to the low number of samples, this study was not enough to draw conclusions, and for this purpose, a large sample size and more facilities are needed, which was not possible in this research.

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

No - There is not a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available