

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Effect of cinnamon on Glucose level in type II diabetes patients: A randomized clinical trial

Protocol summary

Summary

Research shows that adding cinnamon to the diet reduce the serum glucose in diabetic patients. The purpose of this study was to determine the effect of cinnamon on fasting blood sugar in patients with Type 2 Diabetes. Inclusion criteria : having of type 2 diabetes; age >18 years; fasting blood glucose range of 140-400 mg/dl) hemoglobin A1C more than 7 mg/dl; Not on insulin therapy; BMI less than 30. Of 82 individuals with type 2 diabetes who selected, 11 were excluded due to acute illness and 4 due to consumption less than Two-thirds capsules and 4 severe stress during the study. 71 of these patients remained that 35 of them were in cinnamon group and 36 placebo groups. In the starting of study. In addition to common treatment ; cinnamon group received 1g of cinnamon (as a capsule containing 500 mg powder, twice daily) for 60 days and control group also were given placebo for60 days. Venous blood samples were taken for measurement of fasting blood glucose levels and glycosylated hemoglobin. Fasting blood glucose levels were measured at baseline before cinnamon intake and 30 and 60 days after intervention. Glycosylated hemoglobin was measured at baseline and end of intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106156808N1**
Registration date: **2011-10-13, 1390/07/21**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-10-13, 1390/07/21

Registrant information

Name

Maryam Tolyat

Name of organization / entity

Mashhad University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2010-07-23, 1389/05/01

Expected recruitment end date

2010-11-06, 1389/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of cinnamon on Glucose level in type II diabetes patients: A randomized clinical trial

Public title

Effect of cinnamon on diabetes treatment

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria :having of type 2 diabetes; age >18 years; fasting blood glucose range of 140-400 mg/dl; hemoglobin A1C more than 7;Not on insulin therapy; BMI less than 30: Exclusion criteria: acute illness; using insulin therapy; consumption less than Two-thirds

capsules; severe stress during the study; hospitalization; pregnancy and breastfeeding

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **82**

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

Mashhad university of medical science

Street address

Mashhad. university street.faculty of nursing and midwifery

City

Mashhad

Postal code

Approval date

2010-07-17, 1389/04/26

Ethics committee reference number

88824

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E10-E14

ICD-10 code description

Diabetes mellitus

Primary outcomes

1

Description

Fast Blood Sugar

Timepoint

0, 30 and 60 days after intervention

Method of measurement

Blood after hours 8 fasting

2

Description

Glycosylated hemoglobin

Timepoint

before and days 60 after intervention

Method of measurement

use venous blood

Secondary outcomes

1

Description

BMI

Timepoint

first intervention

Method of measurement

Measuring height and weight

2

Description

Physical activity.

Timepoint

every week

Method of measurement

Ask the patient

3

Description

Diet

Timepoint

every week

Method of measurement

Ask the patient

4

Description

Use drugs

Timepoint

every month

Method of measurement

Ask the patient

Intervention groups

1

Description

cinnamon group received 1g of cinnamon (as a capsule containing 500 mg powder, two times daily) for 60 days

Category

Treatment - Drugs

2**Description**

control group give same appearance drug (placebo), two times dail for 60 days

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Outpatient Setting (Shahid Ghodsi Center)

Full name of responsible person

Maryam Tolyat , Master of Science major in Nursing:Internal & Surgical

Street address

Shahid Ghodousi healht center, Sanabad, Mashhad

City

Birjand

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of medical Sciences

Full name of responsible person

Ramazani Mohamad

Street address

Building Qureshi, University street, Mashhad

City

Mashhad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad University of medical Sciences

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**

Faculty of Nursing and Midwifery

Full name of responsible person

Maryam Tolyat

Position

Master of Nursing InternalSurgery

Other areas of specialty/work**Street address**

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Web page address<http://www.mums.ac.ir/nurse>**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Faculty of Pharmacy

Full name of responsible person

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Position

PharmD, PhD Associate Professor

Other areas of specialty/work**Street address**

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Web page address<http://www.mums.ac.ir/pharmacy>**Person responsible for updating data****Contact****Name of organization / entity**

Faculty of Nursing and Midwifery

Full name of responsible person

Hasanzadeh Farzaneh

Position

MSc in Nursing

Other areas of specialty/work**Street address**

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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