Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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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
befor and days 60 after intervention

Method of measurement
use venous bloood

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 mouth

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
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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
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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
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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