

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of *Amygdalus scoparia* kernel (ASK) oil consumption on lipid profile of patients with dyslipidemia referred to Health Heart House affiliated to Shiraz Cardiovascular Research Center.

#### Protocol summary

##### Summary

This study has been designed to assess the effect of *Amygdalus scoparia* kernel Oil on lipid profile in patients suffering from dyslipidemia, referred to The Health Heart House, affiliated to Shiraz Cardiovascular Research Center. In this randomized controlled clinical study, 110 people suffering from dyslipidemia aged between 20-70 referred to Shiraz Heart House have been selected according to the inclusion criteria, including Low-density lipoprotein (LDL) between 130-200 or High-density lipoprotein (HDL) in females under 50 and males under 40 or Triglyceride between 150-400 and the use of no antilipidemic drugs. The exclusion criteria have been pregnancy, breastfeeding, and the use of oral contraceptive pills (OCP) and antilipidemic drugs. These persons have randomly been divided into experiment group (55 persons), receiving *Amygdalus scoparia* kernel Oil and control group (55 persons). The experiment group has been given 10 cc of *Amygdalus scoparia* kernel Oil daily for 2 months and the control group hasn't received any intervention during this period. At the end, total cholesterol, Low-density lipoprotein (LDL), High-density lipoprotein (HDL) and Triglyceride before and after intervention have been checked and compared with each other

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201411121525N3**  
Registration date: **2015-03-10, 1393/12/19**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-03-10, 1393/12/19

##### Registrant information

###### Name

Mohammad Javad Zibaenezhad

###### Name of organization / entity

Cardiovascular Research Center, Shiraz University of Medical Science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1234 3529

###### Email address

zibaem2@sums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2014-06-05, 1393/03/15

##### Expected recruitment end date

2014-08-06, 1393/05/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of *Amygdalus scoparia* kernel (ASK) oil consumption on lipid profile of patients with dyslipidemia referred to Health Heart House affiliated to Shiraz Cardiovascular Research Center.

##### Public title

Effect of *Amygdalus scoparia* kernel (ASK) oil consumption on lipid profile in patients with dyslipidemia

## Purpose

Treatment

## Inclusion/Exclusion criteria

Inclusion criteria: age 20-70 year old; Low-density lipoprotein (LDL) 130 -200 or triglyceride 150-400 or High-density lipoprotein (HDL) less 50 in female and less 40 in male; non-use antilipideimic drugs; non history of renal, liver, kidney, heart and thyroid disease; non history of diabetes mellitus; non history of food allergy especially to soya, peanuts and Walnuts; non history of asthma or atopic dermatitis. Exclusion criteria: breastfeeding and pregnancy; oral contraceptive pills consumption; use of antilipideimic drugs; alcohol consumption; hospitalization during study.

## Age

No age limit

## Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: **110**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shiraz University of Medical Sciences

##### Street address

Shiraz University of Medical Sciences, Zand St, Shiraz

##### City

Shiraz

##### Postal code

7134814336

#### Approval date

2014-06-22, 1393/04/01

#### Ethics committee reference number

CT-P-9371-7191

## Health conditions studied

### 1

#### Description of health condition studied

Hyperlipidemia

#### ICD-10 code

E78

#### ICD-10 code description

Disorders of Lipoprotein metabolism and other Lipidaemias

## Primary outcomes

### 1

#### Description

Serum Triglyceride

#### Timepoint

Before and 2 Months After Intervention

#### Method of measurement

Biochemical Measurements on Blood Sample

### 2

#### Description

Low-Density Lipoprotein (LDL)

#### Timepoint

Before and 2 Months After Intervention

#### Method of measurement

Biochemical Measurements on Blood Sample

### 3

#### Description

High-Density Lipoprotein (HDL)

#### Timepoint

Before and 2 Months After Intervention

#### Method of measurement

Biochemical Measurements on Blood Sample

### 4

#### Description

Total Cholesterol

#### Timepoint

Before and 2 Months After Intervention

#### Method of measurement

Biochemical Measurements on Blood Sample

## Secondary outcomes

### 1

#### Description

Weight

#### Timepoint

Before and 2 Months After Intervention

#### Method of measurement

Before and 2 Months After Intervention

## Intervention groups

## 1

### Description

Control group : No Intervention

### Category

Other

## 2

### Description

Intervention group: Use Amygdalus Scoparia Kernel (ASK)  
Oil Orally 10 cc per Day for 60 Days

### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Cardiovascular Research Center of Shiraz University  
of Medical Sciences

##### Full name of responsible person

Maryam Shahamat

##### Street address

Cardiovascular Research Center, Khalili St, Shiraz

##### City

Shiraz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Mrs Hoghooghi

##### Street address

Cardiovascular Research center, Khalili St, Shiraz

##### City

Shiraz

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

#### Full name of responsible person

Maryam Shahamat

#### Position

Resident of Cardiology

#### Other areas of specialty/work

#### Street address

Shiraz University of Medical Sciences, Zand St, Shiraz

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shahamatmaryam@gmail.com

#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Cardiovascular Research Center of Shiraz

#### Full name of responsible person

Dr. Mohammad Javad Zibaeenejhad

#### Position

Fellowship of Interventional Cardiology

#### Other areas of specialty/work

#### Street address

Cardiovascular Research Center, Khalili St, Shiraz

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zibaem2@sums.ac.ir

#### Web page address

## Person responsible for updating data

### Contact

#### Name of organization / entity

Shiraz University of Medical Sciences

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Maryam Shahamat

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Resident of Cardiology

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**Web page address**

**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*