

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Effect of Amygdalus Oil Consumption on Lipid Profile in Patients with Dyslipidemia

Protocol summary

Summary

This Study Has Been Designed to Assess the Effect of Amygdalus 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 80 People Suffering from Dyslipidemia Age Between 20-70 Referred to Shiraz Heart House Have Been Selected According to the Inclusion criteria: Low Density Lipoprotein (LDL) between 130-169 or High-Density Lipoprotein (HDL) in Females under 50 and Males under 40 or triglyceride between 200-400 and the Use of no Untilipidemic Drugs. The Exclusion criteria have been Pregnancy; breastfeeding; the Use of Oral Contraceptive Pills (OCP) and Antilipidemic Drugs. These Persons Have Randomly been Divided into Experiment Group (40 persons) Receiving Amygdalus Oil and Control Group (40 persons). The Experiment Group has been Given 20 cc of Amygdalus Oil Daily for One Month and the Control Group has not 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: **IRCT201411141525N4**
Registration date: **2015-02-04, 1393/11/15**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-04, 1393/11/15

Registrant information

Name

Mohammad Javad Zibaeenezhad

Name of organization / entity

Cardiovascular Research Center, Shiraz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 71 1234 3529

Email address

zibaeem2@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-11-21, 1393/08/30

Expected recruitment end date

2014-12-06, 1393/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Amygdalus Oil Consumption on Lipid Profile in Patients with Dyslipidemia

Public title

Effect of Amygdalus 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) 130-169 or Triglyceride 200-400 or High- density Lipoprotein (HDL) Less 50 in Female and

Less 40 in Male; Non-use Antilipidemic Drugs; Non History of Renal, Liver, Kidney, Heart, Thyroid, Diabetes mellitus Diseases; Non History of Food Allergy Especially to Amygdalus. Exclusion criteria: Breastfeeding and Pregnancy; Use of Antilipideimic Drugs; Alcohol Consumption; Hospitalization During Study.

Age

From **20 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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 Science

Street address

Shiraz University of Medical Science, Zand St.

City

Shiraz

Postal code

7134814336

Approval date

2014-11-16, 1393/08/25

Ethics committee reference number

92-01-0105869

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**

Low Density Lipoprotein

Timepoint

Before Intervention and One Month After Intervention

Method of measurement

Biochemical Measurements on Blood Sample

2**Description**

Serum Total Cholesterol

Timepoint

Before Intervention and One Month After Intervention

Method of measurement

Biochemical Measurements on Blood Sample

3**Description**

High Density Lipoprotein

Timepoint

Before Intervention and One Month After Intervention

Method of measurement

Biochemical Measurements on Blood Sample

Secondary outcomes**1****Description**

Serum Triglyceride

Timepoint

Before Intervention and One Month After Intervention

Method of measurement

Biochemical Measurements on Blood Sample

Intervention groups**1****Description**

Intervention Group: Use Amygdalus Oil Orally 20 cc per Day for 30 Days

Category

Treatment - Other

2**Description**

Control group: No Intervention

Category

Lifestyle

Recruitment centers**1****Recruitment center**

Name of recruitment center
Cardiovascular Research Center of Shiraz University
of Medical Sciences
Full name of responsible person
Parham Ostovan
Street address
Cardiovascular Research Center, Khalili St, Shiraz
City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical of Science
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 of Science

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
Parham Ostovan
Position
Resident of Cardiology
Other areas of specialty/work
Street address
Shiraz University of Medical Sciences, zand St, shiraz
City
shiraz
Postal code
7134814336
Phone
+98 71 3628 1561
Fax
Email

parham.ostovan@yahoo.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. Mahmood Zamirian
Position
Internist Cardiologist
Other areas of specialty/work
Street address
Cardiovascular Research, Khalili St, Shiraz
City
shiraz
Postal code
7193635899
Phone
+98 71 3628 1561
Fax
Email
zmirian@sums.ac.ir
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Science
Full name of responsible person
Parham Ostovan
Position
Resident of Cardiology
Other areas of specialty/work
Street address
Shiraz University of Medical Science, Zand St, Shiraz
City
Shiraz
Postal code
7134844119
Phone
+98 71 3628 1561
Fax
Email
parham.ostovan@yahoo.com
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