

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 May 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

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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 lntervention 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 lntervention

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

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Cardiovascular Research Center, Khalili St, shiraz

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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

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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