Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of oral intake of Medicago Sativa plant leaf on blood factors related to anemia

Protocol summary

Summary

We will discuss the effect of Medicago Sativa plant leaf on resolving anemia caused by the lack of iron. This plant has less side effects in comparison with other plants and strengthens stomach and whole body. It is claimed that this plant has twice as much iron than spinach.In this research, two thirty member group of male participants are used. The general characteristics of the member for being studied are being healthy, adult and male. The general characteristic of the member for being removed from the research group is not taking the drug on time. With the oral intake of two plant extract capsules by the participants and testing their blood parameters in time intervals, the effect of plant is studied. In this research blinding is done for the participants who take the capsules. In this research Method: 1-Collecting plant leaves and preparing capsules 2-Choosing two 30-member group of healthy men for using the drug and plasebo 3- Blood analysis before taking plasebo and drug and after two to four weeks after taking them 4- Statistical analysis of the results.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201408317803N2**
Registration date: **2015-02-02, 1393/11/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-02-02, 1393/11/13

Registrant information

Name

Faraz Mojab

Name of organization / entity

Shahid Beheshty University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 0061

Email address

sfmojab@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice-chancellor for research -Shahid Beheshti University of Medical Science faculty of pharmacy

Expected recruitment start date

2014-11-22, 1393/09/01

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

The effect of oral intake of Medicago Sativa plant leaf on blood factors related to anemia

Public title

The effect of Medicago Sativa plant on anemia

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Mature healthy person Exclusion criteria: Failure to use capsules

Age

No age limit

Gender

Male

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
College of Pharmacy- Shahid Beheshti University
Street address
Niayesh high way, Valiasr ave
City
Tehran
Postal code
Approval date
2014-09-28, 1393/07/06
Ethics committee reference number
157

Health conditions studied

1

Description of health condition studied
anemia
ICD-10 code
D50
ICD-10 code description
Iron deficiency anaemia

Primary outcomes

1

Description
Hb
Timepoint
Blood sampling from test subjects, before taking capsules then two and four weeks after that
Method of measurement
analysis of blood samples

2

Description
Hct
Timepoint
Blood sampling from test subjects, before taking capsules then two and four weeks after that
Method of measurement
analysis of blood samples

3

Description
MCV
Timepoint
Blood sampling from test subjects, before taking capsules then two and four weeks after that
Method of measurement
analysis of blood samples

4

Description
MCH
Timepoint
Blood sampling from test subjects, before taking capsules then two and four weeks after that
Method of measurement
analysis of blood samples

5

Description
MCHC
Timepoint
Blood sampling from test subjects, before taking capsules then two and four weeks after that
Method of measurement
analysis of blood samples

Secondary outcomes

empty

Intervention groups

1

Description
500 miligram oral capsules should be taken twice a day for a period of one month
Category
Treatment - Drugs

2

Description
500 miligram starch oral capsules should be taken twice a day for a period of one month
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Beheshti University College of Pharmacy
Full name of responsible person
Faraz Mojab
Street address
Valiasr Ave. Niayesh high way
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Faraz Mojab
Street address
Valiasr Ave. Niayesh high way
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahid Beheshti 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
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Faraz Mojab
Position
Phd Pharmacognosy
Other areas of specialty/work
Street address
Valiasr Ave. Niayesh high way
City
Tehran
Postal code
Phone
+98 21 8820 0120
Fax
Email
sfmojab@yahoo.com/ fatemehagaah@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Faraz Mojab
Position
Phd pharmacognosy
Other areas of specialty/work
Street address
Valiasr Ave. Niayesh high way
City
Tehran
Postal code
Phone
+98 21 8820 0120
Fax
Email
sfmojab@yahoo.comfatemehagaah@gmail.com/ fatemehagaah@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
fatemeh agah
Position
Generic pharmacy student
Other areas of specialty/work
Street address
Valiasr Ave. Niayesh high way
City
Tehran
Postal code
Phone
+98 21 2246 1200
Fax
Email
fatemehagaah@gmail.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