

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 May 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*