

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Investigating the effect of iron supplementation with and without vitamin c on iron deficiency anemia, iron and hematologic Indices of patients referred to touba clinic

Protocol summary

2025-06-27, 1404/04/06

Study aim

Determining the effect of iron supplementation with and without vitamin C on iron deficiency anemia, iron and hematological indices in patients with iron deficiency anemia

Design

Randomized Trial without blind assessment

Settings and conduct

Randomized Trial without blind assessment on anemic patients referring to razi hospital and touba clinic of Mazandaran University of Medical Science in 2025

Participants/Inclusion and exclusion criteria

Iron deficiency anemia and willingness to participate in the study and follow-up Taking iron or blood supplements within the past two months, acute infection, severe liver failure, gastrointestinal bleeding, taking multivitamins or supplements containing vitamin C within the past two months

Intervention groups

Control: Ferrous Glycine Sulphate: 80 mg for 2 months
Intervention: Ferrous Glycine Sulphate: 80 mg plus vitamin c 250 mg daily for 2 months

Main outcome variables

Hb, Ferritin, Fe

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20241127063874N1**
Registration date: **2025-06-27, 1404/04/06**
Registration timing: **registered_while_recruiting**

Last update: **2025-06-27, 1404/04/06**

Update count: **0**

Registration date

Registrant information

Name

Zohreh Ehsani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 911 177 0256

Email address

zehsani@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-06-22, 1404/04/01

Expected recruitment end date

2025-11-21, 1404/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of iron supplementation with and without vitamin c on iron deficiency anemia, iron and hematologic Indices of patients referred to touba clinic

Public title

Vitamin c in anemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Iron deficiency anemia and willingness to participate in

the study and follow-up

Exclusion criteria:

Receiving iron or blood supplements within the past two months, acute infection, severe liver failure, gastrointestinal bleeding, taking multivitamins or vitamin C supplements within the past two months

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Mazandaran University of Medical Science

Street address

Moallem square

City

Sari

Province

Mazandaran

Postal code

۴۸۱۵۷۳۳۹۷۱

Approval date

2024-01-09, 1402/10/19

Ethics committee reference number

IR.MAZUMS.REC.1402.591

Health conditions studied

1

Description of health condition studied

Anemia

ICD-10 code

D50

ICD-10 code description

Iron deficiency anemia

Primary outcomes

1

Description

Changes in Hb anf Ferritin and Fe

Timepoint

2 months after intervention

Method of measurement

Biochemical and ELISA methods

Secondary outcomes

empty

Intervention groups

1

Description

During this study, Ferrofort Duodenal tablets produced by the pharmaceutical company (Abidi, Ferrous Glycine Sulphate: 80 mg) will be prescribed to patients in two intervention groups. The dosage of the tablets in both groups is one tablet daily. This intervention will be carried out for two months.

Category

Treatment - Drugs

2

Description

In Vitamin C group in addition to daily Ferrous Glycine Sulphate: 80 mg, eurovital vitamin C 250 mg tablet is added to treatment. Once daily for two months.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Touba clinic

Full name of responsible person

Zohreh Ehsani

Street address

Khazar Blvd, Khazar Sq , Sari.

City

Sari

Province

Mazandaran

Postal code

4816895474

Phone

+98 11 3329 1895

Email

zohreh.ehsani2017@gmail.com

2

Recruitment center

Name of recruitment center

Razi Hospital

Full name of responsible person

Zohreh Ehsani

Street address

Yousef reza St., Soleimani Highway, Ghaemshahr City.

City

Ghaemshahr

Province

Mazandaran

Postal code

4565686143

Phone

+98 11 4448 1073

Email

zohreh.ehsani2017@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Ahmad Ali Enayati

Street address

Moallem square

City

Sari

Province

Mazandaran

Postal code

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Phone

+98 11 3448 4800

Email

aenayati1372@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mazandaran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Zohreh Ehsani

Position

Assistant professor

Latest degree

Subspecialist

Other areas of specialty/work

Hematology

Street address

Razi street

City

Sari

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Postal code

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Phone

+98 911 177 0256

Fax**Email**

Zehsani@mazums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Zohreh Ehsani

Position

Assistant professor

Latest degree

Subspecialist

Other areas of specialty/work

Hematology

Street address

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Phone

+98 911 177 0256

Fax**Email**

Zehsani@mazums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Zohreh Ehsani

Position

Assistant professor

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Phone

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Fax**Email**

Zehsani@mazums.ac.ir

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

all collected deidentified IPD, IPD collected for the primary outcome measure only

When the data will become available and for how long

December 2025 for 1 month

To whom data/document is available

people working in academic institutions

Under which criteria data/document could be used

Meta analysis

From where data/document is obtainable

Contact by email

What processes are involved for a request to access data/document

Approved project

Comments