

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 Toubā 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 Toubā 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

۴۸۱۵۷۳۳۹۷۱

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

Province

Mazandaran

Postal code

۴۸۱۵۷۳۳۹۷۱

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

Razi street

City

Sari

Province

Mazandaran

Postal code

۴۸۱۵۷۳۳۹۷۱

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

Latest degree

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Other areas of specialty/work

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۴۸۱۵۷۳۳۹۷۱

Phone

+98 911 177 0256

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