

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Oct 2026

The Effect of Gum Olibanum on FBS and Glycosilated Hemoglobine(HbA1c) in Type II Diabetic Patient

Protocol summary

Summary

Diabetes is a common metabolic disease in the world that has many adverse effects. One of the best criteria for controlling this disease is HbA1c that shows the average of blood glucose in 2-3 past months. Gum Olibanum (from trees of the genus Boswellia) has been traditionally used in the treatment of various diseases such as diabetes. The goal of this study is the comparison of gum olibanum resin extract effect with placebo on the treatment of type 2 diabetes. Inclusion criteria is diabetic patients with FBS=140-200 mg/dl. Exclusion criteria are pregnant and nursing women; People under 18 years old and above 65 years old; cases of intensive diabetic; Using drugs which affect blood glucose like edible and positional Steroid; Diuretics drugs. This study has been designed as double-blinded clinical trial on 86 patients with type 2 diabetes. The patients randomly will be divided to interventional and placebo groups. The groups will be treated with Gum olibanum (400 mg cap) and placebo two times per day for 12 weeks, respectively. At the end of 12 weeks the FBS and HbA1c will be measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112078318N1**
Registration date: **2012-03-08, 1390/12/18**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-03-08, 1390/12/18

Registrant information

Name

Dr. Amir Ziaee

Name of organization / entity

Qazvin University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 28 1336 0084

Email address

aazadmehr@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

Qazvin University of Medical Sciences

Expected recruitment start date

2011-11-03, 1390/08/12

Expected recruitment end date

2012-08-02, 1391/05/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Gum Olibanum on FBS and Glycosilated Hemoglobine(HbA1c) in Type II Diabetic Patient

Public title

The Effect of Gum Olibanum on blood glucose

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Suffering from type II diabetic with fasting blood glucose 140-200
Exclusion criteria: Pregnant and nursing women; People under 18 years old and above 65 years old; In case of intensive diabetic; Using drugs which affect blood glucose like edible and positional Steroid; Diuretics drugs

Age

From **25 years** old to **65 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **86**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Qazvin University of Medical Sciences

Street address

Vice chancellor for research, Qazvin University of
Medical Sciences, Shahid Bahonar blvd.

City

Qazvin

Postal code

Approval date

2011-04-27, 1390/02/07

Ethics committee reference number

20/2741/3

Health conditions studied

1

Description of health condition studied

Type II Diabetic

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

FBS level

Timepoint

After 12 Weeks of taking drug

Method of measurement

glucometer

2

Description

HbA1c level

Timepoint

After 12 Weeks of taking drug

Method of measurement

Laboratory kit

Secondary outcomes

empty

Intervention groups

1

Description

Gum Olibanum (400 mg cap) two times per day for 12
weeks

Category

Treatment - Drugs

2

Description

Placebo two times per day for 12 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

hospitals in Qazvin

Full name of responsible person

Dr.Amir Ziaee, Dr.Abbas Azadmehr

Street address

Metabolic Disease Research Center, Booali-Sina
University Hospital

City

Qazvin

2

Recruitment center

Name of recruitment center

Metabolic Disease Research Center

Full name of responsible person

Street address

City

Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Dr. Saeed Assefzadeh

Street address

Vice chancellor for research, Qazvin University of Medical Sciences, Shahid Bahonar blvd.

City

Qazvin

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Qazvin 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

Qazvin University of Medical Sciences

Full name of responsible person

Dr.Amir ziaee

Position

Associate Professor of Endocrinology, Immunology
PhD, Assistant Professor of Immunology

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Metabolic Diseases Research Center, Qazvin

University of Medical Sciences

Full name of responsible person

Dr.Amir Ziaee, Dr.Abbas Azadmehr

Position

Associate Professor of Endocrinology, Assistant Professor of Immunology, PhD Immunology

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Metabolic Diseases Research Center, Qazvin University of Medical Sciences

Full name of responsible person

Dr.Amir Ziaee, Dr.Abbas Azadmehr

Position

Associate Professor of Endocrinology, Immunology PhD, Assistant Professor of Immunology

Other areas of specialty/work

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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