

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effects of beta-hydroxy-beta-methylbutyrate on kidney parameters and body composition in untrained males after 8 weeks combination resistance training

Protocol summary

Summary

The purpose of this study is to examine the effects of eight weeks resistance training and consumption HMB (beta-hydroxy-beta-methylbutyrate) on kidney parameters and body composition of untrained males. 30 untrained male students from Shahrekord University, Iran, will be selected and randomly will be divided to two groups: control (n=15), combination of HMB and resistance training (n=15). Blood and renal samples will be taken one day before and 3 days after resistance training after overnight fasting. Blood samples will be analyzed to determine blood and renal creatinine, renal and blood urea and glomerular filtration rate (GFR).

General information

Acronym

HMB

IRCT registration information

IRCT registration number: **IRCT201201158736N1**

Registration date: **2012-01-28, 1390/11/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-01-28, 1390/11/08

Registrant information

Name

Ebrahim Banitalebi

Name of organization / entity

Shahrekord University

Country

Iran (Islamic Republic of)

Phone

+98 38 1227 7953

Email address

ebi_wushu58@yahoo.com

Recruitment status

Recruitment complete

Funding source

Shahrekord University

Expected recruitment start date

2012-01-21, 1390/11/01

Expected recruitment end date

2012-07-22, 1391/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of beta-hydroxy-beta-methylbutyrate on kidney parameters and body composition in untrained males after 8 weeks combination resistance training

Public title

Effects of beta-hydroxy-beta-methylbutyrate on kidney after resistance training

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria: healthy men who do not use any drugs or supplements since 3 months before entering the study. Exclusion criterion: Having history of serious diseases

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 30

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Isalmic Azad University,Shahrekord Branch

Street address
Isalmic Azad University,Shahrekord Branch

City
Shahrekord

Postal code
88177895623

Approval date
2011-12-05, 1390/09/14

Ethics committee reference number
12365

Health conditions studied

1

Description of health condition studied
8 weeks Resistance Exercise and HMB (beta- hydroxy-beta-methyl - butyrate) Supplementation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Glomerular filtration rate (GFR)

Timepoint
Before and 8 weeks after intervention

Method of measurement
ELISA kit

Secondary outcomes

empty

Intervention groups

1

Description
Control during 8 weeks resistance training group don't receive any supplementation.

Category
Treatment - Drugs

2

Description
Excremental group consume3 gram HMB (beta- hydroxy-beta-methyl - butyrate) during 8 weeks resistance training.

Category
Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University, Shahrekord Branch

Full name of responsible person
D. Abdollah Ghasemi Pirbaliti

Street address

City
Islamic Azad University, Shahrekord Branch

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University,Shahrekord Branch

Full name of responsible person
Dr. Abdollah Ghasemi Pirbaloti

Street address
Shahrekord university

City
Shahrekord

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University,Shahrekord Branch

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***Phone**

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Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

Shahrekord University

Full name of responsible person

Ebrahim Banitalebi

Position

Faculty member

Other areas of specialty/work**Street address**

Shahrekord University, Sport Sciences department

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PhD candidate

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Postal code**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*