

# 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**

+98 38 1227 7953

**Fax****Email**

ebi\_wushu58@yahoo.com

**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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**City**

Shahrekord

**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*