

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

Effects of concentrated pomegranate juice consumption on blood glucose and lipid concentrations in type 2 diabetic patients

Protocol summary

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Summary

This experimental study is performed on 60 diabetic patients, among patients referred to Kashan Diabetes Center, divided into two groups: CPJ consumption (n=30) and control(n=30). Diabetic patients have fasting blood glucose below 150 mg/dl and do not took lipid lowering drugs. A questionnaire including anthropometric, medical and 24-hour food recall completed. Fasting blood samples before and after study are collected to measure glucose, HbA1c, TG, Chol, LDL and HDL. The patients consume CPJ 45 g/day for 3 months; then the variables are measured at the end of the study again. Both groups receive the same diet and physical activity advice during the study.

Recruitment status

Recruitment complete

Funding source

Vic chancellor for research, Kashan University of Medical Sciences

Expected recruitment start date

2012-06-04, 1391/03/15

Expected recruitment end date

2013-06-05, 1392/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138711031576N1**

Registration date: **2012-07-14, 1391/04/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-07-14, 1391/04/24

Registrant information

Name

Ali Akbar Rshidi

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

Scientific title

Effects of concentrated pomegranate juice consumption on blood glucose and lipid concentrations in type 2 diabetic patients

Public title

Effect of concentrated pomegranate juice on treatment of diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: FBS< 150 mg/dl; not receiving lipid-lowering drugs and not receiving vitamin and mineral supplements Exclusion criteria: using insulin for diabetes control; concentrated pomegranate juice sensitivity and receiving lipid-lowering drugs

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

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

Kashan University of Medical Sciences

Street address

Ravand Blv- Kashan University of Medical Sciences-
Kashan- Iran

City

Kashan

Postal code

Approval date

2008-05-19, 1387/02/30

Ethics committee reference number

809

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E14

ICD-10 code description

Unspecified diabetes mellitus

Primary outcomes

1

Description

blood glucose level

Timepoint

before and 3 month after intervention

Method of measurement

enzymatic

2

Description

serum triglyceride level

Timepoint

before and 3 month after intervention

Method of measurement

photometry

3

Description

serum cholesterol level

Timepoint

before and 3 month after intervention

Method of measurement

photometry

4

Description

serum LDL level

Timepoint

before and 3 month after intervention

Method of measurement

photometry

5

Description

serum HDL level

Timepoint

before and 3 month after intervention

Method of measurement

photometry

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: concentrated pomegranate juice, 45
g/d, 3 month

Category

Other

2

Description

control group: no intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashan Diabetes Center
Full name of responsible person
Mrs Zinsaz
Street address
Kashan Diabetes Research-Emam Khomeiny street-
Kashan- Iran
City
Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Gholam Ali Hamidi
Street address
Kashan University of Medical Sciences, Ravand Blv,
Kashan, Iran
City
Kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kashan 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
Kashan University of Medical Sciences
Full name of responsible person
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Position
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Person responsible for updating data

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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