Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of concentrated pomegranate juice consumption on lipid profile and inflammatory factors in patients with type 2 diabetes

Protocol summary

Summary

The aim of this study is to examine the effects of concentrated pomegranate juice on serum lipid profile and some inflammatory factors in patients with type 2 diabetes. Forty patients aged between 25-60 years old from both sexes are recruited. Patients consume 50gr/day concentrated pomegranate juice for 4 weeks. Anthropometric and blood pressure measurements, 3-days food-record questionnaire ,physical activity and fasting blood samples were collected at the beginning and at the end of the study. Fasting blood sugar, lipid profile, TNF- a, IL-6,hs –CRP and adiponectin levels are measured. LDL are calculated by formula. The participants are asked not to change their regular diet, medicine and activity during the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013091614680N1**
Registration date: **2013-11-22, 1392/09/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-11-22, 1392/09/01

Registrant information

Name
Farideh Shishehbor
Name of organization / entity
Ahvaz Jundishapur University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 61 3373 8430
Email address
shishehbor-f@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vic chancellor for research, Ahvaz Jundishapour University of Medical Sciences

Expected recruitment start date

2013-10-02, 1392/07/10

Expected recruitment end date

2013-12-01, 1392/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of concentrated pomegranate juice consumption on lipid profile and inflammatory factors in patients with type 2 diabetes

Public title

The effects of concentrated pomegranate juice on inflammatory factors in type 2 diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: male or female 25 to 60 years old; having type 2 diabetes at least 6 month. Exclusion criteria: pregnancy; lactation; cardiac; hepatic; respiratory and chronic renal diseases; acute or chronic inflammation; retinopathy; intake of antioxidant supplement; insulin therapy; sensitivity to concentrated pomegranate juice; change oral drug for controlling blood glucose were excluded.

Age

From **25 years** old to **60 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
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
Ahvaz Jundishapoor University of Medical Sciences
Street address
Vice Chancellor for Research and Technological Development, Ahvaz Jundishapoor University of Medical Sciences, Golestan Blv., Ahvaz
City
Ahvaz
Postal code
Approval date
2013-06-22, 1392/04/01
Ethics committee reference number
Ajums-REC.1392.54 B-9202

Health conditions studied

1

Description of health condition studied
type 2 diabetes
ICD-10 code
E-11
ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
Triglyceride
Timepoint
Baseline and after 4 weeks
Method of measurement
Spectrophotometry

2

Description
Total Cholesterol
Timepoint
Baseline and after 4 weeks
Method of measurement
Spectrophotometry

3

Description
HDL- Cholesterol
Timepoint
Baseline and after 4 weeks
Method of measurement
Spectrophotometry

4

Description
LDL- Cholesterol
Timepoint
Baseline and after 4 weeks
Method of measurement
Friedewald Formula

5

Description
hsCRP
Timepoint
Baseline and after 4 weeks
Method of measurement
Eliza

6

Description
TNF- α
Timepoint
Baseline and after 4 weeks
Method of measurement
Eliza

7

Description
IL-6
Timepoint
Baseline and after 4 weeks
Method of measurement
Eliza

8

Description
adiponectin
Timepoint
Baseline and after 4 weeks
Method of measurement

Eliza

Secondary outcomes

1

Description
Fasting Blood Sugar
Timepoint
baseline and after 4 weeks
Method of measurement
Spectrophotometry

2

Description
Blood Pressure
Timepoint
Baseline and after 4 weeks
Method of measurement
Sphygmomanometer

3

Description
Body Mass Index
Timepoint
baseline and after 4 weeks
Method of measurement
calculate

Intervention groups

1

Description
50 gr concentrated pomegranate juice with lunch and dinner meals for 4 weeks
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Golestan hospital
Full name of responsible person
Street address
City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vic chancellor for research, Ahvaz Jundishapour University of Medical Sciences
Full name of responsible person
Maryam Zare
Street address
Ahvaz Jundishapour University of Medical Sciences
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vic chancellor for research, Ahvaz Jundishapour 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
Ahvaz Jundishapour University of Medical Sciences
Full name of responsible person
Maryam Zare
Position
MS candidate student
Other areas of specialty/work
Street address
Ahvaz Jundishapour University of Medical Sciences
City
Ahvaz
Postal code
Phone
+98 31 1335 9090
Fax
Email
zare.m@ajums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Ahvaz Jundishapour University of Medical Sciences
Full name of responsible person
Farideh Shishebor
Position
Nutrition PhD, Assistant professor, Ahvaz Jundishapour University of Medical Sciences
Other areas of specialty/work
Street address
Paramedics school, Ahvaz Jundishapour University of

Medical Sciences , Golestan Blv., Ahvaz

City

Ahvaz

Postal code

Phone

+98 61 1373 8319

Fax

Email

shishehbor-f@ajums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Ahvaz Jundishapour University of Medical Sciences

Full name of responsible person

Maryam Zare

Position

M.Sc condidate

Other areas of specialty/work

Street address

Ahvaz University of medical sciences

City

Ahvaz

Postal code

Phone

00

Fax

zare.m@ajums.ac.ir

Email

zare.m@ajums.ac.ir

Web page address

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