Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation the Effects of Green Tea Supplement on CBC & Inflammatory Biomarkers in Covid 19 Patients: Randomized Clinical Trial; Double blind

Protocol summary

Study aim
Evaluation of the effect of green tea supplemention on inflammatory biomarkers and CBC in patients with Covid 19

Design
Clinical trial with control group, with parallel groups, double-blind, randomized, on 74 patients with Covid 19, Randomization will be allocate

Settings and conduct
This study will be performed in 74 patients with Covid-19 in Shahid Jalil Hospital in Yasuj. Patients are randomly divided into intervention and placebo groups and will receive 2 green tea capsule or placebo daily for 14 days. At the beginning and end of the study, the desired variable will be examined.

Participants/Inclusion and exclusion criteria
74 patients with Covid 19 based on definitive diagnosis of PCR, admitted to Shahid Beheshti Hospital in Yasuj will be included in the study based on admission and non-admission Inclusion criteria: (1) Written informed consent form, (2) Age 18 years old or above, (3) Definitive diagnosis of Covid 19, (4) Willingness to participate in research study Non-inclusion criteria: (1) Pregnancy or lactation, (2) Other contraindications prescribed by the specialist, (6) Participate in any clinical trial

Intervention groups
The intervention group will receive daily 2 green tea supplement and the placebo group will receive daily 2 placebo twice a day for 14 days.

Main outcome variables
Inflammatory biomarker include CRP, ESR and CBC

General information

Reason for update
Sampling was forced to be suspended due to lack of funding from the university

Acronym

IRCT registration information
IRCT registration number: **IRCT20150711023153N3**
Registration date: **2021-06-04, 1400/03/14**
Registration timing: **prospective**

Last update: **2021-10-26, 1400/08/04**
Update count: **1**

Registration date
2021-06-04, 1400/03/14

Registrant information

Name
Seyed Bahman Panahande

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 74 3322 3505

Email address
panahande-b@razi.tums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-07-11, 1400/04/20

Expected recruitment end date
2021-12-21, 1400/09/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation the Effects of Green Tea Supplement on CBC & Inflammatory Biomarkers in Covid 19 Patients: Randomized Clinical Trial; Double blind

Public title

Evaluation the Effects of green tea supplement in Covid 19 patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

18 years old or above Written informed consent form COVID-19 diagnosis based on polymerase chain reaction (PCR) Willingness to participate in research study

Exclusion criteria:

Pregnancy or lactation Disseminated intravascular coagulation or any other types of coagulopathy Severe congestive heart failure by the specialist Other contraindications prescribed by the specialist Participation in any clinical trial within the past 30 days prior to enrollment in the present study

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Investigator

Sample size

Target sample size: **74**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be stratify by Block Random sampling based on age and sex in one of 8 blocks of 9 and 10 people and by computer generated random numbers (Randomization.com) in one of two intervention or placebo groups, this list is in the hands of the group's secretary and Who Does not play a role in the study

Blinding (investigator's opinion)

Double blinded

Blinding description

Blinding of patients, health care professionals, principal investigators as well as data collectors and data analysts will be unaware of the intervention and placebo groups still the end of the study. The intervention includes a placebo or green tea extract capsule in special package and exactly same in color and taste are labeled with different numbers, and the contents of these numbers will be kept in a closed envelope in the faculty and its contents will be preserved until the end of the study.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Yasuj University of Medical Sciences

Street address

Motahari Blvd., Yasuj University of Medical Sciences, Kohgiluyeh and Boyer Ahmad province, Iran

City

Yasuj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591741417

Approval date

2021-05-15, 1400/02/25

Ethics committee reference number

IR.YUMS.REC.1400.027

Health conditions studied

1

Description of health condition studied

covid19

ICD-10 code

U07.1

ICD-10 code description

COVID DISEASE

Primary outcomes

1

Description

CRP

Timepoint

Before the intervention and at the end of day 14 study

Method of measurement

Elisa Kit

2

Description

Erythrocyte Sedimentation Rate (ESR)

Timepoint

Before the intervention and at the end of day 14 study

Method of measurement

Elisa Kit

3

Description

CBC

Timepoint

Before the intervention and at the end of day 14 study

Method of measurement

Cell counter devices

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Patients receiving 2green tea extract capsule that each one have 450 mlgr twice a day after lunch and after dinner + usual hospital medicine
Category
Treatment - Other

2

Description
Control group: Patients receiving 2 placebo capsule twice a day after lunch and after dinner + usual hospital medicine
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Jalil Hospital of Yasuj
Full name of responsible person
Zaker Saeedinejad
Street address
Shahid Gharani Blvd., Yasuj
City
Yasuj
Province
Kohgilouyeh-va-Boyrahmad
Postal code
7591387493
Phone
+98 74 3333 7001
Email
saeedizaker@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yasouj University of Medical Sciences
Full name of responsible person
Dr. Hossein Marioryad, Vice President for Research
Street address
Shahid Motahari Blvd., Yasuj University of Medical Sciences, Yasuj
City
Yasuj
Province
Kohgilouyeh-va-Boyrahmad
Postal code
7591741417
Phone
+98 74 3333 7230
Email
panahande.b@gmail.com
Web page address
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Yasouj University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Yasouj University of Medical Sciences
Full name of responsible person
Mojtaba Yousefi
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Nutrition
Street address
Imam khomeini Blvd., Imam Hossein Square, Golestan 15, School of Health and Nutrition, Yasuj
City
Yasuj
Province
Kohgilouyeh-va-Boyrahmad
Postal code
7591875114
Phone
+98 74 3322 5519
Email
mojtaba.yousefi@yums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Yasouj University of Medical Sciences
Full name of responsible person
Seyed Bahman Panahande
Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

Street address

Imam Khomeini Blvd., Imam Hossein Square, Golestan 15, School of Health and Nutrition

City

Yasuj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591875114

Phone

+98 74 3322 5519

Email

panahande.b@yums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Seyed Bahman Panahande

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

Street address

Imam Khomeieni Blvd., Imam Hossein Square, Golestan 15, School of Health and Nutrition, Yasuj

City

Yasuj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

7591875114

Phone

+98 74 3322 5519

Email

panahande.b@yums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

All potential data can be shared after blinding

When the data will become available and for how long

Six months after publishing

To whom data/document is available

Researchers working in academic institutions

Under which criteria data/document could be used

For research purposes and meta-analysis studies

From where data/document is obtainable

Dr. Seyed bahman panahande . Faculty member of the Health and Nutrition, Yasuj University of Medical Sciences

What processes are involved for a request to access data/document

Official letter to the researchers

Comments