Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of magnesium supplementation on liver enzymes , lipid profile and fasting blood glucose in patients of non-alcoholic fatty liver disease

Protocol summary

Summary

The aim of this study is effects of magnesium supplementation on liver enzymea,lipid profile and Fasting Blood Sugare. 70 Men and women 18-59 years with fatty liver and Alanine amino Transferase equal or higher than 40, allocated into intervention and control groups and respectively recieved magnesium and placebo.It is randomized and double blind trial. exclusion criteria are kidny diseases; chronic lung disease; other hepatic disease and alcoholism. variables are Alanin amino Transferase; Aspartat amino Transferase; Low Density Lipoprotein; High Density Lipoprotein; Alkalinphosphatase; Fasting Blood Sugar; Cholesterol; Triglyceride.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203128753N1**
Registration date: **2012-03-12, 1390/12/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-03-12, 1390/12/22

Registrant information

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Mahtab Tamimi

Name of organization / entity

Jondishapoor University of Ahvaz

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Recruitment status

Recruitment complete

Funding source

Ahvaz Jundi-shapur University of Medical Sciences

Expected recruitment start date

2011-10-23, 1390/08/01

Expected recruitment end date

2012-04-20, 1391/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of magnesium supplementation on liver enzymes , lipid profile and fasting blood glucose in patients of non-alcoholic fatty liver disease

Public title

fatty liver and magnesium

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria:adults (men &women)18-59 years with fatty live and Alanine amino Transferase equal or higher than 40. exclusion criteria:kidny diseases, chronic lung disease, other hepatic disease, alcoholism.

Age

From **18 years** old to **59 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ahvaz Jundi-shapur University of Medical Sciences

Street address
Ahvaz Jundi-shapur University of Medical Sciences, Ahvaz, Iran

City
Ahvaz

Postal code

Approval date
2011-09-23, 1390/07/01

Ethics committee reference number
ETH-336

Health conditions studied

1

Description of health condition studied
non-alcoholic fatty liver disease

ICD-10 code
K76.0

ICD-10 code description
NAFLD

Primary outcomes

1

Description
ALT

Timepoint
befor and 3 month after intervention

Method of measurement
photometric

2

Description
AST

Timepoint
befor and 3 month after intervention

Method of measurement
photometric

3

Description
ALP

Timepoint
befor and 3 month after intervention

Method of measurement
photometric

4

Description
TG

Timepoint
befor and 3 month after intervention

Method of measurement
photometric

5

Description
Chol

Timepoint
befor and 3 month after intervention

Method of measurement
photometric

6

Description
LDL

Timepoint
befor and 3 month after intervention

Method of measurement
undirected method with Friedewald

7

Description
HDL

Timepoint
befor and 3 month after intervention

Method of measurement
Enzymatic

8

Description
FBS

Timepoint
befor and 3 month after intervention

Method of measurement
Photometric

Secondary outcomes

1

Description

weight
Timepoint
befor and after 3 month of intervention
Method of measurement
scale

2

Description
waist circumference
Timepoint
befor and 3 month of intervention
Method of measurement
meter

3

Description
hip circumference
Timepoint
befor and 3 month after intervention
Method of measurement
meter

Intervention groups

1

Description
intervention groups:1 capsol of 580 miligrames magnesium oxide in a day for 3 months
Category
Other

2

Description
control groups:1capsol of lactose in aday for 3 months
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
medical clinic
Full name of responsible person
Street address
City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz Jondi-shapur University of Medical Sciences
Full name of responsible person
Doctor Mostapha Pheghhi
Street address
Ahvaz Jondi-shapur University of Medical Sciences, Ahvaz, Iran
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz Jondi-shapur 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 Jondi-shapur University of Medical Sciences
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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