

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Jun 2026

### Effect of using and avoiding to use vitamin C on defense system of saliva anti oxidant of periodontal patients

#### Protocol summary

##### Summary

The present study aimed to investigate the effect of vitamin C on defense system of saliva anti oxidant of patients with periodontal disease. Samples were chosen among people attending dentistry collage of Kermanshah, who were recognized for periodontal disease. It was a double blind clinical study. 32 patients with periodontal were selected and were divided to control and experiment groups. Samples of experimental group received 500 mg of oral vitamin C power daily for three weeks. Unstimulated saliva of patients was tested in the morning and patients were asked to brush their teeth and avoid eating and drinking at least 90 minutes before saliva test on the test day. Samples were sitting while saliva gathering process. After three weeks, saliva samples were again gathered from patients and total anti oxidant capacity was measured using Randox kit and the results were recorded. Samples of control group received water with permissible oral essence and color. Inclusion: written satisfaction by 20 patients; having at least teeth; propping depth deeper than 5 mm and clinical attachment level less than 3 mm at least 30 % of sites; bleeding while propping; chronic gum inflammation; systematically healthy patients; patient who had not received propping treatment during last 6 months. Exclusion: patients using antibiotics or anti inflammatory medicine; having systematic disease history; pregnant and breast feeding women; those who use vitamin supplements; those who use mouthwash; those who smoke.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014111714333N24**

Registration date: **2014-12-23, 1393/10/02**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-12-23, 1393/10/02

##### Registrant information

###### Name

Feizollah Foroughi

###### Name of organization / entity

kermanshah University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 83 1821 4653

###### Email address

fforoughi@kums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Kermanshah University of Medical Sciences

##### Expected recruitment start date

2014-12-06, 1393/09/15

##### Expected recruitment end date

2015-01-05, 1393/10/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of using and avoiding to use vitamin C on defense system of saliva anti oxidant of periodontal patients

##### Public title

Study the effect of vitamin C on saliva antioxidant defense system of patients with periodontal disease

##### Purpose

Treatment

## **Inclusion/Exclusion criteria**

Inclusion: written satisfaction by 20 patients; having at least teeth; propping depth deeper than 5 mm and clinical attachment level less than 3 mm at least 30 % of sites; bleeding while propping; chronic gum inflammation; systematically healthy patients; patient who had not received propping treatment during last 6 months. Exclusion: patients using antibiotics or anti-inflammatory medicine; having systematic disease history; pregnant and breast feeding women; those who use vitamin supplements; those who use mouthwash; those who smoke.

### **Age**

No age limit

### **Gender**

Both

### **Phase**

N/A

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: 32

### **Randomization (investigator's opinion)**

N/A

### **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**

Kermanshah University of Medical Sciences

##### **Street address**

Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

##### **City**

Kermanshah

##### **Postal code**

#### **Approval date**

2014-12-17, 1393/09/26

#### **Ethics committee reference number**

420/7/40619/ب

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Disease of salivary gland, unspecified

#### **ICD-10 code**

k11.9

#### **ICD-10 code description**

Disease of salivary gland, unspecified

## **Primary outcomes**

### 1

#### **Description**

Saliva anti oxidant

#### **Timepoint**

At the beginning of study and three weeks after that

#### **Method of measurement**

Using Randox kit

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Samples of experimental group received 500 mg of oral vitamin C power daily for three weeks. Unstimulated saliva of patients was tested in the morning and patients were asked to brush their teeth and avoid eating and drinking at least 90 minutes before saliva test on the test day. Samples were sitting while saliva gathering process. After three weeks, saliva samples were again gathered from patients and total anti oxidant capacity was measured using Randox kit and the results were recorded.

#### **Category**

Treatment - Drugs

### 2

#### **Description**

Samples of control group received 500 mg of water with permissible oral essence and color for three weeks. Unstimulated saliva of patients was first gathered in the morning and patients were asked to brush their teeth and avoid eating and drinking at least 90 minutes before saliva test on the test day. Samples were sitting while saliva gathering process. After three weeks, saliva samples were again gathered from patients and total anti oxidant capacity was measured using Randox kit and the results were recorded.

#### **Category**

Placebo

## **Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Faculty of Dentistry

**Full name of responsible person**

Dr. Ana Behvand

**Street address**

Faculty of Dentistry, Gisha Building,Zare Alley,  
Shariati streets

**City**

Kermanshah

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Vice Chancellor for Research Affairs, Kermanshah  
University of Medical Sciences

**Full name of responsible person**

Korosh Hamzehee

**Street address**

Building No.2, Shahid Beheshti, Vice Chancellor for  
Research Affairs, Kermanshah University of Medical  
Sciences

**City**

Kermanshah

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor  
organization/entity?**

Yes

**Title of funding source**

Vice Chancellor for Research Affairs, Kermanshah  
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**

**Person responsible for scientific  
inquiries**

**Contact**

**Name of organization / entity**

Kermanshah University of Medical Sciences

**Full name of responsible person**

Dr. Mahmood Rahmani

**Position**

PhD oral diseases

**Other areas of specialty/work**

**Street address**

Faculty of Dentistry, Gisha Building,Zare Alley,  
Shariati streets

**City**

Kermanshah

**Postal code**

**Phone**

00

**Fax**

**Email**

mahdental@yahoo.com

**Web page address**

**Person responsible for updating data**

**Contact**

**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*