Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of Omega-3 supplement consumption and aerobic exercise on sports proteinuria and albominuria in active men

Protocol summary

Summary

Background and Objective: Sports proteinuria that occurs after intensity physical activity causes reduced protein excretion from the kidneys and reduction of essential blood proteins. The purpose of the present study was to evaluate the effect of omega-3 supplementation and selected aerobic exercise on proteinuria in active men. Materials and Methods: Twenty Volunteer active men participated in this study. Subjects were randomized to one of 2 groups: exercise+ supplement(E+S) and exercise with placebo(E+P).The subjects in two groups performed aerobic exercise training up to 75%-85% of HRmax , three times a week for 4 weeks. Subjects in the E+S consumed 2000 mg/d Omega-3 for 4 weeks. Urine samples were collected at baseline and end of Bruce test to measure total protein and albumin. After the 4 weeks of training and supplementation program, again urine samples were collected

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014020116436N1**
Registration date: **2014-02-22, 1392/12/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-02-22, 1392/12/03

Registrant information

Name

Mojtaba Mahmudi

Name of organization / entity

Shahid Rajaee Teacher Training University

Country

Iran (Islamic Republic of)

Phone

+98 42 6224 8084

Email address

m.mahmudi8590@yahoo.com

Recruitment status

Recruitment complete

Funding source

Shahid Rajaee Teacher Training University

Expected recruitment start date

2013-03-20, 1391/12/30

Expected recruitment end date

2013-05-30, 1392/03/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Omega-3 supplement consumption and aerobic exercise on sports proteinuria and albominuria in active men

Public title

The effect of Omega-3 supplement consumption and aerobic exercise on sports proteinuria and albominuria in active men

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criterion: people who are active. Exclusion criteria: subjects with pathological causes of proteinuria and chronic proteinuria.

Age

No age limit

Gender

Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **20**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shahid Rajaee Teacher training University
Street address
lavizan.tehran
City
tehran
Postal code
Approval date
2012-09-22, 1391/07/01
Ethics committee reference number
1286/18

Health conditions studied

1

Description of health condition studied
exercise proteinuria
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Proteinuria
Timepoint
Before and 4 weeks after intervention
Method of measurement
Urine analysis

Secondary outcomes

empty

Intervention groups

1

Description
The subjects in two groups performed aerobic exercise training up to 75%-85% of HRmax , three times a week for 4 weeks. Subjects in the E+S consumed 2000 mg/d Omega-3 for 4 weeks
Category
Prevention

2

Description
Group exercise -Placebo two capsules daily placebo identical placebo capsules containing 2080 mg of sun flower oil, 19% saturated fatty acids and 81% unsaturated fatty acids with a double bond consumed
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahar Branch
Full name of responsible person
Street address
Islamic Azad University, Ahar Branch
City
Ahar

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Teacher Training University Shahid Rajaee
Full name of responsible person
Majid Kashef
Street address
Tehran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Teacher Training University Shahid Rajaee
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

Teacher Training University Shahid Rajaee

Full name of responsible person

Mojtaba Mahmudi

Position

MSc of Exercise Physiology

Other areas of specialty/work

Street address

No.24, 4th Bonyad st., Sixth Ferdosi st., Ahar

City

Ahar

Postal code

Phone

+98 42 6224 8084

Fax

Email

m.mahmudi8590@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Teacher Training University Shahid Rajaee

Full name of responsible person

Mojtaba Mahmudi

Position

MSc of Exercise Physiology

Other areas of specialty/work

Street address

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Person responsible for updating data

Contact

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Teacher Training University Shahid Rajaee

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Street address

No.24, 4th Bonyad st., Sixth Ferdosi st., Ahar

City

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Postal code

Phone

+98 42 6224 8084

Fax

Email

m.mahmudi8590@yaghoo.com

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