

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of honey vinegar syrup along with a normal diet compared with normal diet alone on glycemic status and insulin resistance, lipid profiles and weight changes in healthy subjects

Protocol summary

Summary

Honey vinegar syrup contains of Vinegar and honey. It can affect blood sugar, blood fat and weight effectively and since earlier studies have not been done in this direction, so the present study will investigate the effect of honey vinegar syrup on weight, glucose and lipid parameters. Sixty healthy adults will be included in the study. After completing consent forms, subjects will be randomly assigned to either intervention (receiving normal diet plus honey vinegar syrup) or control (receiving normal diet) groups. Inclusion criteria: absence of acute or chronic disease, not pregnant or breastfeeding, aged between 20 to 40 years and body mass index between 18.5 and 30. Exclusion criteria: allergy to vinegar, honey or honey vinegar syrup. Demographic information and laboratory results will be designed for each subject, before and after intervention. Dietary measurements will be performed by using 3 days food records. Subjects will be received normal diet (control) or a normal diet plus honey vinegar syrup (intervention) once a day for 4 weeks. We will call or text subjects once a week to remind them to take the honey vinegar syrup regularly. An expert dietitian will keep in touch with subjects to solve any problems if there is some. Biochemical parameters including Fasting Blood Sugar, Serum Insulin Level, Lipid profiles, also anthropometric indices such as weight, height, waist circumference and hip circumference will be assessed at the beginning and the end of the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014020816529N1**

Registration date: **2014-04-17, 1393/01/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-04-17, 1393/01/28

Registrant information

Name

Mohammad hassan Entezari

Name of organization / entity

Isfahan university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3668 8487

Email address

entezari@hlth.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Deputy of Isfahan University of Medical Sciences

Expected recruitment start date

2014-02-20, 1392/12/01

Expected recruitment end date

2014-03-21, 1393/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of honey vinegar syrup along with a normal diet compared with normal diet alone on glycemic status and insulin resistance, lipid profiles and weight changes in healthy subjects

Public title

effect of honey vinegar syrup on healthy subjects

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: absence of chronic heart, kidney, liver or lung diseases, chronic or acute inflammatory diseases (including acute inflammation of the pancreas, and endocarditis), thyroid dysfunction, heart valve disease, aged between 20 to 40 years, not pregnant or breastfeeding, body mass index between 18.5 and 30, no smoking, not use of fat or blood glucose lowering drugs, or medications affecting appetite at least the previous 6 months, lack of allergy to vinegar, honey or honey vinegar syrup. Exclusion criteria: lack of cooperation in the study or catching an acute illness.

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

In this study, after the selection of eligible individuals, based on a random draw and randomized allocation, individuals will be divided into either intervention or control group.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethical Committee of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar Jerib Avenue

City

Isfahan

Postal code**Approval date**

2013-10-28, 1392/08/06

Ethics committee reference number

392437

Health conditions studied**1****Description of health condition studied**

healthy subjects

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Fasting Blood Glucose

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Colorimetry

2**Description**

Serum Insulin

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Enzyme-Linked Immunosorbent Assay (ELISA), $\mu\text{U/mL}$

3**Description**

Total serum cholesterol

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Enzymatic assay with autoanalyser

4**Description**

Serum triglycerides

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Enzymatic assay with autoanalyser

5**Description**

BMI

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Formula

6**Description**

Serum High density lipoprotein

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Enzymatic assay with autoanalyser

7

Description

Serum low density lipoprotein

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Enzymatic assay with autoanalyser

8

Description

WHR

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Formula

9

Description

HOMA-IR

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Formula

10

Description

Weight

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Scale, Kilogram

Secondary outcomes

1

Description

Blood pressure

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

mmHg, sphygmomanometer

2

Description

Height

Timepoint

The first day of the study

Method of measurement

Meter, Centimeter

3

Description

Waist Circumference

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

meter, centimeter

4

Description

Hip Circumference

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

meter, centimeter

5

Description

Skinfold thickness

Timepoint

The first day of the study and the last day of 4th week

Method of measurement

Caliper, mm

Intervention groups

1

Description

normal diet plus honey vinegar syrup, honey vinegar contains of 1000 grams honey and 300 grams vinegar, two tablespoons of honey vinegar with a glass of water, once a day for a month

Category

Prevention

2

Description

normal diet

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Esfahanian healthy adults

Full name of responsible person

Street address

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Isfahan University of Medical Sciences

Full name of responsible person

Dr. Peyman. Adibi

Street address

Isfahan University of Medical Sciences, Hezar Jarib Street, Isfahan

City

Isfahan

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, Isfahan 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

Isfahan university of medical sciences

Full name of responsible person

Seyedeh Masumeh Derakhshandeh Rishehri

Position

MSc Student of Nutrition

Other areas of specialty/work

Street address

Department of Clinical Nutrition School of Nutrition and Food Sciences Isfahan University of Medical Sciences, Hezar Jarib Street, Isfahan

City

Isfahan

Postal code

Iran

Phone

+98 31 1661 6342

Fax

Email

ma.derakhshandeh@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Isfahan university of medical sciences

Full name of responsible person

Dr. Mohammad Hassan Entezari

Position

Ph.D of nutrition, Assistant Professor

Other areas of specialty/work

Street address

Department of Clinical Nutrition School of Nutrition and Food Sciences Isfahan University of Medical Sciences, Hezar Jarib Street, Isfahan

City

Isfahan

Postal code

Iran

Phone

+98 31 1792 2752

Fax

Email

entezari@hlth.mui.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Isfahan university of medical sciences

Full name of responsible person

Seyedeh Masumeh Derakhshandeh Rishehri

Position

MSc Student of Nutrition

Other areas of specialty/work

Street address

Department of Clinical Nutrition School of Nutrition and Food Sciences Isfahan University of Medical Sciences, Hezar Jarib Street, Isfahan

City

Isfahan

Postal code

Iran

Phone

+98 31 1661 6342

Fax

Email

ma.derakhshandeh@gmail.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