Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of short-term supplementation of Melissa officinalis extract on serum malondialdehyde and total anti-oxidation capacity after aerobic exercise in a negative slopeswimmers

Protocol summary

Summary

Introduction: The purpose of this study was to investigate the effects of downhill running and short-term MO supplementation on serum malondialdehyde levels and total anti-oxidation capacity on male athletes who were under19 years old in 92/12/15. Materials and Methods: For this reason, 20 male athletes were randomly divided into two groups of supplement and placebo, each of them containing 10 subjects. Serum malondialdehyde level and total anti-oxidation capacity were measured three times on the base line, first day and forteenthday.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014052117783N1**
Registration date: **2014-08-04, 1393/05/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-08-04, 1393/05/13

Registrant information

Name

Gholam Hossein Yengi Maleki

Name of organization / entity

Islamic Azad University, Boroujerd Branch

Country

Iran (Islamic Republic of)

Phone

+98 86 3545 4789

Email address

maleki13578@gmail.com

Recruitment status

Recruitment complete

Funding source

Islamic Azad University, Borojerd Branch

Expected recruitment start date

2013-12-11, 1392/09/20

Expected recruitment end date

2014-04-04, 1393/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of short-term supplementation of Melissa officinalis extract on serum malondialdehyde and total anti-oxidation capacity after aerobic exercise in a negative slopeswimmers

Public title

The effect of Melissa officinalis extract on serum malondialdehyde and total anti-oxidation capacity

Purpose

Prevention

Inclusion/Exclusion criteria

Under 19 years old

Age

From **15 years** old to **19 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **20**

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
Islamic Azad University, Borojerd Branch
Street address
Islamic Azad University, Borojerd Branch, Borujerd, Lorestan, Iran.
City
Borojerd
Postal code
3851774181
Approval date
2010-08-20, 1389/05/29
Ethics committee reference number
112

Health conditions studied

1

Description of health condition studied
Evaluation of the increase in oxidative stress
ICD-10 code
M35.9
ICD-10 code description
autoimmune disease (systemic) NOS (M35.9)

Primary outcomes

1

Description
serum malondialdehyde
Timepoint
The Base Line, The First day, The Forteenth day
Method of measurement
Blood sampling was taken from all the subjects, each 5 ml. Then, the sample was placed into laboratory temperature of 22 to 25 centigrade for 30 minutes until it coagulated. Then, it was separated and measured by a centrifuge.

2

Description
total anti-oxidation capacity
Timepoint
The Base Line, The First day, The Forteenth day
Method of measurement
Blood sampling was taken from all the subjects, each 5 ml. Then, the sample was placed into laboratory temperature of 22 to 25 centigrade for 30 minutes until it coagulated. Then, it was separated and measured by a centrifuge.

Secondary outcomes

1

Description
Oxidative Stress
Timepoint
Baseline. Stage II before supplementation and after training. The third stage, 14 days after supplementation and after training
Method of measurement
blood sampling for three times

Intervention groups

1

Description
Lemon Balm extract medicine is used as Tea-bag for 14 days, 1.5 mg for each day and night.The extract is dropped in the boiling water and used as Tea-bag.
Category
Treatment - Other

2

Description
Placebo as dextrose, was given as Tea-bag for 14 days, 1.5 mg for each day and night. Similar to Lemon Balm extract medicine, it was used as Tea-bag in the boiling water.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Razi Lab, Arak
Full name of responsible person
Dr. Sadeghi
Street address
Across from Vali Asr Hospital, Imam Khomeini Street, Arak
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University of Borojerd
Full name of responsible person
Dr. Ahmad Hematfar
Street address
Department of Physical Education, Islamic Azad University, Borojerd Branch
City
Borojerd
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University of Borojerd
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
Islamic Azad University of Borojerd
Full name of responsible person
Dr. Ahmad Shahsavaran
Position
Head of Research Department
Other areas of specialty/work
Street address
Department of Physiology, Islamic Adad University, Borojerd Branch
City
Borojerd
Postal code
3851774186
Phone
+98 66 2350 1037
Fax
Email
maleki13578@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University, Borujerd Branch
Full name of responsible person
Gholam Hossein Yengi Maleki
Position
M. A.
Other areas of specialty/work
Street address
Education and Training Organization, Komijan, Markazi
City
Komijan
Postal code
3851774186
Phone
+98 86 3545 4789
Fax
Email
maleki13578@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University, Borojerd Branch
Full name of responsible person
Naser Behpour
Position
Ph. D.
Other areas of specialty/work
Street address
Islamic Azad University, Borojerd Branch - Pysical Education Departement
City
Borojerd
Postal code
3851785456
Phone
+98 66 2350 1037
Fax
Email
ak_malekirad@yahoo.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