

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jun 2026

The effect of vitamin C supplementation on thyroid function in patients with primary hypothyroidism

Protocol summary

Summary

This study is a clinical trial to determine the effect of vitamin C supplementation on thyroid function in patients with primary hypothyroidism of both sexes between 18-75 years old, under treatment of oral levothyroxine. Patients with TSH levels between 0.5 to 4.5 micrograms per liter and take certain levothyroxine dose for at least 6 months of the study without any changes will study but patients with thyroid cancer, pregnant or nursing, taking OCP or estrogen and testosterone during 3 months ago and chronic gastrointestinal diseases will be excluded. Patient will treat with certain brand of levothyroxine sodium. At first Levels of fasting TSH, T4, T3 will be measured and recorded. Patients will treat with levothyroxine for 8 weeks and then the level of TSH, T4, T3 will be measured and recorded. Then the patients will treat with levothyroxine plus 500 mg vitamin C daily, at morning when pateints are fast, with 200 cc of water. After 8 weeks, thyroid function will be checked. All tests will be done in certain labratory. Results in patients before and after the end of treatment will be analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015102124634N1**

Registration date: **2016-05-31, 1395/03/11**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-31, 1395/03/11

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Research Department Arak University of Medical Sciences

Expected recruitment start date

2015-03-16, 1393/12/25

Expected recruitment end date

2016-06-14, 1395/03/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of vitamin C supplementation on thyroid function in patients with primary hypothyroidism

Public title

The effect of vitamin C on thyroid function

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: TSH level between 0.5 and 4.5 micrograms per liter; taking levothyroxine dose for at least 6 months without changes. Exclusion criteria: thyroid cancer; pregnant or nursing; taking OCP or estrogen and testosterone during 3 months ago; chronic GI disease.

Age

From **18 years** old to **75 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **73**

Randomization (investigator's opinion)

N/A

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethics committee of Arak University of Medical Sciences

Street address

Alamolhoda, Maskan, Arak

City

Arak

Postal code**Approval date**

2014-10-17, 1393/07/25

Ethics committee reference number

93-176-3

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

Primary hypothyroidism

ICD-10 code

E03.8, E03

ICD-10 code description

Other specified hypothyroidism, Hypothyroidism, unspecified

Primary outcomes**1****Description**

T3, T4

Timepoint

Arrival, 8 weeks after treatment

Method of measurement

In ng / dl using a blood test

Secondary outcomes**1****Description**

TSH

Timepoint

Arrival, 8 weeks after treatment

Method of measurement

In U/ml using a blood test

Intervention groups**1****Description**

8 weeks treatment with levothyroxine dose control with the Company, iran hormone and 8 weeks treatment with levothyroxine plus 500 milligrams of vitamin C daily morning fasting in the 200 cc model manufactured by water

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Arak AmirAlmomenin Hospital

Full name of responsible person

Dr. Kazemzad Hamid

Street address**City**

Arak

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for research Arak University of Medical Sciences

Full name of responsible person

Dr. Mohammad Rafiee

Street address

School of Medicine, Arak

City

Arak

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 Arak 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

Arak University of Medical sciences

Full name of responsible person

Dr. Kazemzad Hamid

Position

Assistant Internal Medicine

Other areas of specialty/work

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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