

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Feb 2026

study of the effect of coriander seed supplementation on the control of glycemic indices ,lipid profile and oxidant / antioxidant status in type 2 diabetic patients: Randomized controlled clinical trial

Protocol summary

Study aim

Determination of Coriander Seed Effects on Glycemic Indicators, Lipid Profile and Oxidant / Antioxidant Status in Type 2 Diabetic Patients

Design

Double-blind, randomized controlled clinical trials

Settings and conduct

Patients referred to the Diabetes Clinic of Sina Hospital in Tabriz are selected according to exit criteria. All subjects participating in the study will be taken after a 12-hour fasting blood sample. The specimen will be stored at Freeze-70 until the second test. After 6 weeks of intervention, blood samples will be taken from patients again. The randomized sampling method is simple. A double-blind study, which neither the patient nor the one in charge of the capsule provides them, will not be aware of the type of capsule.

Participants/Inclusion and exclusion criteria

Inclusion criteria : Diabetic patients 30 to 60 years old, having diabetes for more than 3 years, satisfaction to participate in the project Exit criteria: - Smokers, pregnant, lactating, people with complex thyroid disorders, liver, digestive, cardiovascular, renal and ineffective immune systems, consumers of non-steroidal anti-inflammatory drugs and those who are homoeopathic, consumers of antioxidant supplements in the last three months , Non-controlled type 2 diabetic patients and insulin-dependent diabetic patients

Intervention groups

Coriander seed supplement

Main outcome variables

Fasting serum insulin levels, fasting blood glucose, insulin resistance, lipid profile (TC, HDL-C, TG, LDL-C), serum levels of MDA and TAC

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190224042821N2**

Registration date: **2019-10-11, 1398/07/19**

Registration timing: **prospective**

Last update: **2019-10-11, 1398/07/19**

Update count: **0**

Registration date

2019-10-11, 1398/07/19

Registrant information

Name

Ali Barzegar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 3335 7580

Email address

barzegarali@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-23, 1398/08/01

Expected recruitment end date

2019-11-11, 1398/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

study of the effect of coriander seed supplementation on the control of glycemic indices ,lipid profile and oxidant / antioxidant status in type 2 diabetic patients:
Randomized controlled clinical trial

Public title

coriander seed supplementation in diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diabetic patients 30 to 60 years old Having diabetes for over 3 years Satisfaction to participate in the project

Exclusion criteria:

Smokers, pregnant, lactating - People with complex thyroid disorders, liver, digestive, cardiovascular, renal and ineffective immune system Consumers of nonsteroidal anti-inflammatory drugs and those who are homoeopathic Antioxidant supplement supplements in the last three months Antioxidant supplement supplements in the last three months Uncontrolled type 2 diabetes and diabetic patients receiving insulin

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

Diabetic patients referred to the Sina Diabetes Clinic who had a medical record in this center and were eligible for inclusion were explained about the plan. Individuals who were willing to participate in the project were randomly divided into case and control groups based on their case number and individual number.

Blinding (investigator's opinion)

Double blinded

Blinding description

Medications and placebo were coded so that no scholars or participants were reported

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, Attar Neyshaburi Ave, Golgasht Ave

City

tabriz

Province

East Azarbaijan

Postal code

5166/1573113

Approval date

2019-09-29, 1398/07/07

Ethics committee reference number

IR.TBZMED.REC.1398.677

Health conditions studied

1

Description of health condition studied

type 2 diabets

ICD-10 code

E11

ICD-10 code description

Type 2 diabetes mellitus

Primary outcomes

1

Description

Blood glucose

Timepoint

Baseline and 8 weeks after intervention

Method of measurement

Enzymatic methods

2

Description

Lipid profile

Timepoint

Baseline and 8 weeks after intervention

Method of measurement

Measurement of total cholesterol, triglyceride and HDL by enzymatic methods and calculation of LDL cholesterol by Friedewald formula

3

Description

Oxidant and antioxidant

Timepoint

Baseline and 8 weeks after intervention

Method of measurement

Measurement of total antioxidant capacity by colorimetric method and malondialdehyde by TBARS method

4

Description

Blood insulin

Timepoint

Baseline and 8 weeks after intervention

Method of measurement

ELISA

5

Description

Insulin resistance

Timepoint

Baseline and 8 weeks after intervention

Method of measurement

Measurement of insulin resistance by Homa-IR method

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Two daily capsules of coriander seed supplements prepared from Baharan Tabriz Company (500 mg). It will be half an hour before lunch and dinner and for 6 weeks

Category

Treatment - Drugs

2

Description

Control group: Two daily capsules of corn starch prepared from Baharan Tabriz Company (500 mg). It will be half an hour before lunch and dinner and for 6 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Sina Hospital Tabriz. (Diabetes Clinic) using the recall

Full name of responsible person

Dr. Rafat Zambouiri

Street address

Sina Hospital, Azadi St

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5166616471

Phone

+98 41 3334 1300

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dr.r.zanbouri@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Mehrangiz Ebrahimi Mamaghani

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Tabriz. Gulgasht Street Tabriz University of Medical Sciences

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Ali Barzegar

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

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Person responsible for scientific inquiries

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Name of organization / entity
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Information about the main implications will be shared.

When the data will become available and for how long

Start the access period 12 months after printing the results

To whom data/document is available

The data will only be available to people working in scientific institutions.

Under which criteria data/document could be used

The study data will be available to other researchers only for meta-analysis studies.

From where data/document is obtainable

To access the required data, researchers can contact Dr. Ali Barzegar: Telephone: 09143116148 Email Address:Alibarzegar@hotmail.com

What processes are involved for a request to access data/document

The applicant must provide a brief explanation of the goals and methodology of his meta-analysis study. Applicants will be investigated by the researchers, and if they all agree, the requested data will be sent to the applicant by email and in Excel file format. All these steps will not last more than 15 days.

Comments