

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Feb 2026

Investigating the effect of almond porridge, grape extract, and pea syrup on reduction of recovering period in patients with Covid-19

Protocol summary

Study aim

The effect of almond porridge, grape juice and chickpea juice on weakness and duration of hospitalization and clinical symptoms due to covid 19

Design

This is a single-center double-blind, placebo-controlled randomized trial with 160 (80 in each group) participants.

Settings and conduct

patients with Covid-19 that are hospitalized at AJA hospital will be randomized into treatment and placebo groups and will be assessed at baseline and 3-months and 6-months visits. The primary investigator of the study, who will not be involved in diagnosis and follow-up, will carry out the randomization and allocation using permuted block randomization with blocks of size 4. Treatment allocations will be concealed using opaque envelopes.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1) age between 18 and 65 years 2) Positive PCR test and lung involvement on CXR and positive clinical signs 3) Candidate for inpatient treatment Exclusion criteria: 1) Respiratory distress 2) Hospitalization in the intensive care unit or tracheal intubation

Intervention groups

Both study and control groups will receive the same food and covid-19 treatments (standard hospital regimen). During the hospital stay, in addition to the standard hospital regimen, we give the patient a mixture of almond porridge and grape juice between meals at 10 o'clock during the hospital stay. We also give chickpea juice to the patient in the 4 o'clock snack.

Main outcome variables

Hospital stay The Fatigue Assessment Scale (FAS) for the assessment of fatigue severity SF-36 questionnaire for the assessment of the quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220228054150N1**

Registration date: **2022-04-08, 1401/01/19**

Registration timing: **registered_while_recruiting**

Last update: **2022-04-08, 1401/01/19**

Update count: **0**

Registration date

2022-04-08, 1401/01/19

Registrant information

Name

Seyed Mahdi Mirghazanfari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8609 6350

Email address

smmirghazanfari@ajaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-20, 1400/12/29

Expected recruitment end date

2022-09-20, 1401/06/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of almond porridge, grape extract, and pea syrup on reduction of recovering period in patients with Covid-19

Public title

Almond porridge, grape extract, and pea syrup for treatment of Covid-19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 18 and 65 years Conscious consent to participate in the study positive PCR test and lung involvement on CT scan and positive clinical signs including fever greater than 38 degrees or hot flashes with at least one of the symptoms of dry cough, 24 Respiratory rate per minute, headache or body aches, weakness and lethargy, anosmia (olfactory disorder) or taste disturbances and anorexia Absence of respiratory distress Candidates for hospitalization

Exclusion criteria:

admission to the intensive care unit patients with intubation

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **160**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be equally randomized into treatment or control groups in a 1:1 ratio. A specific random code will be assigned to each patient using the Microsoft Office Excel software. The primary investigator of the study, who will not be involved in diagnosis and follow-up, will carry out the randomization and allocation using permuted block randomization with blocks of size 4. Treatment allocations will be concealed using opaque envelopes.

Blinding (investigator's opinion)

Double blinded

Blinding description

The allocations will be kept in confidential and opaque envelopes and will be exposed at the end of the trial. Placebo will be completely indistinguishable from treatment. Randomizations, drug administration, rating, data entry, and statistical analyses will be conducted by separate individuals that are blinded to drug allocations.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of AJA University of Medical Sciences

Street address

AJA university of medical sciences, Etemadzadeh st, West Fatemi st,

City

Tehran

Province

Tehran

Postal code

1411718541

Approval date

2022-03-12, 1400/12/21

Ethics committee reference number

IR.AJAUMS.REC.1400.322

Health conditions studied

1

Description of health condition studied

COVID-19

ICD-10 code

U07.1

ICD-10 code description

COVID-19, virus identified

Primary outcomes

1

Description

The Fatigue Assessment Scale (FAS) score

Timepoint

0, 3, 6 months after treatment

Method of measurement

The Fatigue Assessment Scale (FAS)

2

Description

hospital stay

Timepoint

after the initiation of treatment till discharge from hospital

Method of measurement

health records

Secondary outcomes

1

Description

ESR, CRP

Timepoint

during admission

Method of measurement

laboratory measurement using electroimmunoassay (EIA)

Intervention groups

1

Description

Intervention group: A mixture of almond porridge and grape juice (containing 25 grams of almonds and 8 cc of grape juice) is given to the patient in a disposable container in the snack at 10 o'clock and given to the patient during the hospital stay. Also in the snack at 16 o'clock, chickpeas (containing 30 grams of chickpeas) will be given in a disposable container during the hospital stay.

Category

Treatment - Drugs

2

Description

The placebo will be similar to the intervention in terms of shape, taste, color and smell and will be given to the patient at 10 and 16 o'clock.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

AJA university of medical sciences hospital

Full name of responsible person

Seyed Mehdi Mirghazanfari

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AJA university of medical sciences, Etemadzadeh st,
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Email

smmirghazanfari@ajaums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Artesh University of Medical Sciences

Full name of responsible person

Seyed Mehdi Mirghazanfari

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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

Artesh 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

Artesh University of Medical Sciences

Full name of responsible person

Seyed Mahdi Mirghazanfari

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Artesh University of Medical Sciences

Full name of responsible person

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Person responsible for updating data

Contact

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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

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

Undecided - It is not yet known if there will be 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