

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Evaluating the effect of juglans regia extract on blood glucose and lipid profile in type II diabetic patients

Protocol summary

Summary

The present study was designed to investigate the efficacy of Juglans regia extract dry powder on blood glucose and lipid profile in type II diabetic patients. 61 patients aged between 40 to 60 years, fasting blood glucose between 150-250 mg/dl and HbA1c 7.5-10% taking anti diabetic drug such as Metformin or Glibenclamid that signed the written informed consent will be selected. All patients who suffering from severe kidney, liver, heart and pulmonary diseases, hypersensitivity to any drug, foot ulcer or gangrene, active cancer or previous cancer during the last 5 years, alcoholic or cigarette smoker individuals, pregnant and breast feeding patients will be excluded. The patients will be randomly allocated into two groups. One group received 200 mg juglans regia as capsules, two times daily, for 3 month and second group received placebo capsules. Fasting blood glucose, glycosilated hemoglobin, total cholesterol, LDL, HDL cholesterol, triglyceride, creatinine, SGOT and SGPT were measured at the beginning and after three months.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106076720N1**

Registration date: **2012-03-09, 1390/12/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-03-09, 1390/12/19

Registrant information

Name

Leila Jamshidi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 21 8822 0038

Email address

leila_jamshidi4@yahoo.com

Recruitment status

Recruitment complete

Funding source

Institute of Medicinal Plant ACECR, Endocrinology & Metabolism Research Center

Expected recruitment start date

2010-10-23, 1389/08/01

Expected recruitment end date

2011-05-22, 1390/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of juglans regia extract on blood glucose and lipid profile in type II diabetic patients

Public title

Effect of juglans regia on diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 40 to 60 years; confirmed type II diabetes at least for two years with fasting blood glucose 150-250 mg/dl; taking metformin or glibenclamid; having HbA1c 7.5-10%; All patients signed the written informed consent. Exclusion criteria: insulin therap; infectious diseases; severe kidney disease with Cr>270 umol/L; liver, heart or pulmonary disease;

hypersensitivity to any drug; foot ulcer or gangrene; major depressive disorders; active cancer or previous cancer during the last 5 years; alcohol consumption; cigarette smoking; pregnancy and breast feeding.

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **61**

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

Endocrinology & Metabolism Research Center, Tehran
University of Medical Sciences

Street address

Endocrinology & Metabolism Research Center, Tehran
University of Medical Sciences

City

Tehran

Postal code

1484958693

Approval date

2011-01-23, 1389/11/03

Ethics committee reference number

257

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

2

Description of health condition studied

Disorder of lipoprotein metabolism

ICD-10 code

E78.9

ICD-10 code description

Disorder of lipoprotein metabolism, unspecified

Primary outcomes

1

Description

Glycosylated hemoglobin

Timepoint

Baseline and after three months

Method of measurement

HPLC method

2

Description

TG - total cholesterol

Timepoint

Baseline and after three months

Method of measurement

Fasting blood Cholesterol and TG level in Baseline and after three months by enzymatic oxidase method.

3

Description

Fasting blood glucose

Timepoint

Baseline and after three months

Method of measurement

Glucose oxidase method

Secondary outcomes

1

Description

SGOT

Timepoint

Baseline and after three months

Method of measurement

SGOT level in fasting blood sample by DGKG enzymatic method

2

Description

SGPT

Timepoint

Baseline and after three months

Method of measurement

SGPT level in fasting blood sample by DGKG enzymatic method

3

Description

Creatinin

Timepoint

Baseline and after three months

Method of measurement

The fasting blood Creatinin level by JAPH enzymatic method

Intervention groups

1

Description

Intervention: Juglans regial extrac powder 200 mg in capsule two times a day for three months

Category

Treatment - Drugs

2

Description

Control: placebo 200 mg in capsule two times a day for three months

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Endocrinology & Metabolism Research Center

Full name of responsible person

Leila Jamshidi

Street address

Shariati Hospital, Tehran University of Medical Sciences

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Jahad Daneshgahii

Full name of responsible person

Haji Tarverdi

Street address

Jahad Daneshgahii, Engelab Ave

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Jahad Daneshgahii

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Endocrinology & Metabolism Research Center

Full name of responsible person

Ramin Heshmat

Street address

Shariati Hospital, Tehran University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Endocrinology & Metabolism Research Center

Proportion provided by this source

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

Endocrinology & Metabolism Research Center

Full name of responsible person

Leila Jamshidi

Position

M.S

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Other areas of specialty/work

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Person responsible for updating data

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Name of organization / entity

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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