

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of 6 Weeks Beta- alanine Supplementation on Exhaustion Time in Sedentary Overweight Women

Protocol summary

Summary

The present study is a randomized controlled trial. Forty sedentary overweight women are included in the study. The participants are divided to two groups: control group (CG) and supplement group (SG). Both groups will receive healthy nutrition education, but SG will receive beta alanin supplement in tablets 6 gr/day divided in to times per day and CG will receive placebo tablets during 6 weeks. In the beginning of the study and after 6 weeks, the anthropometric assessments and performance tests will be done. The anthropometric assessments include height, weight, body mass index, abdominal circumference and skin fold thickness. The body composition will be assessed with bio-impedance analyzer device. The performance test will be done on treadmill with ramp protocol till exhaustion of participants. The data in the beginning and end of the trail will be compared and analyzed in SPSS software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201609077903N8**
Registration date: **2016-09-30, 1395/07/09**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-09-30, 1395/07/09

Registrant information

Name

Zahra Alizadeh

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2017-02-19, 1395/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 6 Weeks Beta- alanine Supplementation on Exhaustion Time in Sedentary Overweight Women

Public title

The effect of Beta -alanin supplementation on exhaustion time

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Female sex; 20 to 45 years old; without pregnancy or regular physical activity or cigarette smoking; Without any diseases that affect the heart rate, diet or physical activity; without significant weight reduction over the past 6 months. Exclusion criteria: Musculoskeletal problems; pregnancy; lack of desire to cooperation.

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

Street address

The Center of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.

City

Tehran

Postal code

Approval date

2015-12-08, 1394/09/17

Ethics committee reference number

IR.TUMS.REC.1394.1367

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

(E65,E66)

ICD-10 code description

Obesity and other hyperalimentation

Primary outcomes

1

Description

Time to exhaustion

Timepoint

Before and after

Method of measurement

Ramp test

Secondary outcomes

1

Description

Body composition change

Timepoint

Before and after

Method of measurement

bio-Impedance device

Intervention groups

1

Description

Beta alanin supplement, 6 gram per day, divided in 4 doses, 6 weeks

Category

Treatment - Drugs

2

Description

Placebo, four times per day, 6 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam khomeini Hospital

Full name of responsible person

Sara Hooshmand

Street address

Sports Medicine Department, Emam khomeini Hospital, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Moammaee Haajar

Street address

The Center of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.

City

Tehran

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, Tehran 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
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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