

## Main

Note: This record shows only 22 elements of the WHO Trial Registration Data Set. To view changes that have been made to the source record, or for additional information about this trial, click on the URL below to go to the source record in the primary register.

**Register:** JPRN  
**Last refreshed on:** 6 April 2022  
**Main ID:** JPRN-UMIN00018182  
**Date of registration:** 03/07/2015  
**Prospective Registration:** Yes  
**Primary sponsor:** Tokyo metropolitan institute of gerontology  
**Public title:** Investigation for effects of hydrogen water on lipid and glucose metabolism in diabetes mellitus  
**Scientific title:** Investigation for effects of hydrogen water on lipid and glucose metabolism in diabetes mellitus - Investigation for effects of hydrogen water on lipid and glucose metabolism in diabetes mellitus  
**Date of first enrolment:** 2015/07/06  
**Target sample size:** 80  
**Recruitment status:** Recruiting  
**URL:** [https://center6.umin.ac.jp/cgi-open-bin/ctr\\_e/ctr\\_view.cgi?recptno=R000021058](https://center6.umin.ac.jp/cgi-open-bin/ctr_e/ctr_view.cgi?recptno=R000021058)  
**Study type:** Interventional  
**Study design:** Cross-over Randomized  
**Phase:** Not selected

## Countries of recruitment

Japan

## Contacts

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**Affiliation:** Tokyo metropolitan institute of gerontology Biological process of aging

## Key inclusion & exclusion criteria

Inclusion criteria:

- Exclusion criteria: 1) Patients with heart failure  
2) Patients with severe renal dysfunction or severe liver failure  
3) Patients with electrolyte abnormality  
4) Patients with hypoalbuminemia  
5) Patients with severe edema  
6) Dialysis patients  
7) Patients with dementia  
8) Patients determined to be inappropriate as a test subjected by investigators

Age minimum: 20years-old

Age maximum: 90years-old

Gender: Male and Female

## Health Condition(s) or Problem(s) studied

Type 2 diabetes mellitus

## Intervention(s)

Group A: Drinking of hydrogen water 0.6 L/day for 3 months, following 2 months washout and drinking of control water 0.6 L/day for 3 months

Group B: Drinking of control water 0.6 L/day for 3 months, following 2 months washout and drinking of hydrogen water 0.6 L/day for 3 months

## Primary Outcome(s)

lipid and glucose metabolism, oxidative stress and inflammation

## Secondary Outcome(s)

- 1) Fasting plasma glucose, insulin, HbA1c  
2) Body weight, waist circumference, body mass index

## Secondary ID(s)

## Source(s) of Monetary Support

Melodian Co., Ltd.

## Secondary Sponsor(s)

## Ethics review

Status: YES

Approval date:

Contact:

## Results

**Results available:**

**Date Posted:**

**Date Completed:**

**URL:**

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