



Dietary Omega 3 supplementation and its effect on oocyte competence and follicular fluid in female patients undergoing IVF: a single prospective interventional study

10/08/2025 23:36:25

Main Information

Primary registry identifying number

LBCTR2021044539

Protocol number

OBS-2019-004

MOH registration number

Study registered at the country of origin

Yes

Study registered at the country of origin: Specify

Type of registration

Prospective

Type of registration: Justify

N/A

Date of registration in national regulatory agency

07/08/2020

Primary sponsor

Al Hadi IVF Center

Primary sponsor: Country of origin

Lebanon

Date of registration in primary registry

13/10/2021

Date of registration in national regulatory agency

07/08/2020

Public title

Dietary Omega 3 supplementation and its effect on oocyte competence and follicular fluid in female patients undergoing IVF: a single prospective interventional study

Acronym

Scientific title

Dietary Omega 3 supplementation and its effect on oocyte competence and follicular fluid in female patients undergoing IVF: a single prospective interventional study

Acronym

Brief summary of the study: English

We are doing a study about the effect of omega 3 supplementation on ICSI outcomes. There is increasing evidence that omega 3 supplementation prior to ICSI increase the success rate without direct evidence. The project will involve whether taking omega 3 supplementation (known as Vita DHA Materna by U.G.A) or not, and answering a questionnaire about your medical background.

Brief summary of the study: Arabic

يزيد من نسبة نجاح عملية 3 قيل عملية أطفال الأنابيب. هناك أدلة متزايدة على أن استخدام الأوميغا 3 نحن نقوم بدراسة بشأن إعطاء الأوميغا 3 أطفال الأنابيب دون وجود دراسات ذات مستوى علمي مرتفع تكد على هذه النظرية. سيثمل المشروع إما أخذ حبوب تحتوي على الأوميغا 3 والأجابة على بعض الأسئلة في بداية العلاج و المتابعة خلال فترة العلاج.

Health conditions/problem studied: Specify

ICSI outcome
follicular fluid composition
epigenetic modifications
oocyte competence
Oxidative stress



**Interventions: Specify**

Group: control
Group: 200mg DHA + 50mg EPA
Group: 400mg DHA + 100mg EPA
Randomly divided

Key inclusion and exclusion criteria: Inclusion criteria

18 < age < 45
< 3 IVF attempts
Normal uterine activity

Key inclusion and exclusion criteria: Gender

Female

Key inclusion and exclusion criteria: Specify gender**Key inclusion and exclusion criteria: Age minimum**

18

Key inclusion and exclusion criteria: Age maximum

45

Key inclusion and exclusion criteria: Exclusion criteria

The cycles involving percutaneous epididymal sperm aspiration must be excluded.

Type of study

Interventional

Type of intervention

Dietary interventions

Type of intervention: Specify type

N/A

Trial scope

Dose-response

Trial scope: Specify scope

N/A

Study design: Allocation

Randomized controlled trial

Study design: Masking

Blinded (masking used)

Study design: Control

Placebo

Study phase

0 (explanatory trials)

Study design: Purpose

Supportive care

Study design: Specify purpose

N/A

Study design: Assignment

Parallel

Study design: Specify assignment

N/A

IMP has market authorization**IMP has market authorization: Specify****Name of IMP****Year of authorization****Month of authorization****Type of IMP****Pharmaceutical class**

EPA and DHA

Therapeutic indication

oxidative stress

Therapeutic benefit

oxidative stress reduction
enhance embryo quality

Study model	Study model: Explain model
N/A	N/A
Study model: Specify model	
N/A	
Time perspective	Time perspective: Explain time perspective
N/A	N/A
Time perspective: Specify perspective	
N/A	
Target follow-up duration	Target follow-up duration: Unit
Number of groups/cohorts	
Biospecimen retention	Biospecimen description
Samples without DNA	Follicular Fluid biochemistry
Target sample size	Actual enrollment target size
250	
Date of first enrollment: Type	Date of first enrollment: Date
Anticipated	01/07/2020
Date of study closure: Type	Date of study closure: Date
Anticipated	01/05/2021
Recruitment status	Recruitment status: Specify
Recruiting	
Date of completion	
IPD sharing statement plan	IPD sharing statement description
Yes	All data will be disclosed and confidentially saved on excel sheets
Additional data URL	
Admin comments	

**Trial status**

Approved

Secondary Identifying Numbers

Full name of issuing authority	Secondary identifying number
Mount Lebanon Hospital	05957000

Sources of Monetary or Material Support

Name
Al Hadi Laboratory and Medical Center

Secondary Sponsors

Name
NA

Contact for Public/Scientific Queries

Contact type	Contact full name	Address	Country	Telephone	Email	Affiliation
Public	Chadi Fakh	Haret Hreik	Lebanon	03755442	drchadifakh@yahoo.fr	Al Hadi Laboratory and Medical Center
Scientific	Chadi Fakh	Haret Hreik	Lebanon	03755442	drchadifakh@yahoo.fr	Al Hadi Laboratory and Medical Center

Centers/Hospitals Involved in the Study

Center/Hospital name	Name of principles investigator	Principles investigator speciality	Ethical approval
Al Hadi Laboratory and Medical Center	Chadi Fakh	Doctor	Approved
Al Hadi Laboratory and Medical Center	Ranine Zahwe	Research and Medical Assistant	Approved



Ethics Review

Ethics approval obtained	Approval date	Contact name	Contact email	Contact phone
Mount Lebanon Hospital	01/07/2020	Dr. Marie Merheb	marie.merheb@mlh.com.lb	05957000

Countries of Recruitment

Name
Lebanon

Health Conditions or Problems Studied

Condition	Code	Keyword
In vitro fertilization	In vitro fertilization (Z31.2)	IVF

Interventions

Intervention	Description	Keyword
Pharmaceutical	Dose	EPA , DHA

Primary Outcomes

Name	Time Points	Measure
Oocyte Competence	after 3 months	Fertilization + embryo quality

Key Secondary Outcomes

Name	Time Points	Measure
Pregnancy Rate	after 1 month	hCG test
Live Birth Rate	after 9 months of last recruitment	Alive or not



Trial Results

Summary results

Study results globally

Date of posting of results summaries

Date of first journal publication of results

Results URL link

Baseline characteristics

Participant flow

Adverse events

Outcome measures

URL to protocol files