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# In Vino Veritas (IVV): a pilot randomised trial comparing long-term effects of red wine and white wine on the biomarkers of atherosclerosis

**Submission date**
05/11/2010

**Recruitment status**
No longer recruiting

**Registration date**
20/12/2010

**Overall study status**
Completed

**Last Edited**
20/12/2010

**Condition category**
Circulatory System

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

**Contact name**
Prof Milos Taborsky

**Contact details**
Olomouc University Hospital
First Clinic Of Internal Medicine
I. P. Pavlova 6
Olomouc
Czech Republic
77520
+420 588 442 211
milos.taborsky@seznam.cz

## Additional identifiers

**Protocol serial number**
1-9-2010

## Study information

**Scientific Title**

In Vino Veritas (IVV) a long-term, prospective, multicentre, randomised trial comparing long-term effects of red wine and white wine on the biomarkers of atherosclerosis

## Acronym
IVV

## Study objectives
Regular consumption of Moravian wine will improve the profile of laboratory parameters associated with the development of atherosclerosis.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
The Ethics Committee of University Hospital Olomouc approved on the 16th November 2009 (ref: 124/09)

## Study design
Long term prospective multicentre randomised parallel group trial

## Primary study design
Interventional

## Study type(s)
Quality of life

## Health condition(s) or problem(s) studied
Primary prevention of atherosclerosis in individuals at mild to moderate

## Interventions
Eligible individuals will be randomised to regular drinking of either red wine (Pinot Noir, 2008, Moravia, Czech Republic) or white wine (Chardonnay-Pinot, 2008, Moravia, Czech Republic) for 12 months.

1. Women with body with body weight less than 70 kg: 0.2 litre per day
2. Women over 70 kg and men: 0.3 litre per day

Participants will be followed for 12 months on an intention-to-treat basis, and monitored on a continuous basis for 24 months.

## Intervention Type
Other

## Phase
Not Applicable

## Primary outcome(s)
Level of high density lipoprotein (HDL) cholesterol, measured at 6 and 12 months.

## Key secondary outcome(s))

1. Total and low density lipoprotein (LDL) cholesterol
2. Triglycerides
3. Oxidized LDL
4. C-reactive protein (CRP)
4. Advanced oxidation protein product (AOPP)
5. Myeloperoxidase
6. Interleukin 6 (IL-6)
7. IL-18
8. Matrix metalloproteinases
9. Glutathione s-transferase
10. Monocyte chemoattractant protein 1
11. Solube CD40L
12. Fatty acid binding protein

Outcomes will be measured at 6 and 12 months.

### Completion date
01/12/2012

## Eligibility

### Key inclusion criteria
1. Age over 18 years
2. No symptoms of atherosclerosis
3. Mild to moderate risk of cardiovascular disease

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 years

### Sex
All

### Key exclusion criteria
1. Acute or chronic inflammatory disease
2. Liver disease
3. Renal disease

### Date of first enrolment
01/12/2010

### Date of final enrolment

01/12/2012

# Locations

### Countries of recruitment
Czech Republic

### Study participating centre
**Olomouc University Hospital**
Olomouc
Czech Republic
77520

# Sponsor information

### Organisation
Olomouc University Hospital (Czech Republic)

### ROR
https://ror.org/01jxtne23

# Funder(s)

### Funder type
Hospital/treatment centre

### Funder Name
Olomouc University Hospital (Czech Republic)

# Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary
Not provided at time of registration

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| | Participant information sheet | | | | |

| | | | | |
|---|---|---|---|---|
| Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |