

# Pilot antioxidant therapy of men in unexplained miscarriage: the pAToMiUM trial

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<b>Registration date</b> 05/09/2019	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 19/08/2022	<b>Condition category</b> Pregnancy and Childbirth	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Many couples experience miscarriage, but 1 in 100 couples in the UK experience recurrent miscarriage (defined as three or more miscarriages), which often has no explanation or available treatment. One reason for the lack of explanation is our neglect of detailed examination of the male partner, particularly the causes and effects of sperm with damaged DNA. One reason for the lack of explanation is our neglect of detailed examination of the male partner, particularly the causes and effects of sperm with damaged DNA.

We propose to test the effects of a combined vitamin and mineral supplement in a pilot trial on 30 men with poor sperm DNA quality in our recurrent miscarriage population. We have worked with one of Europe's leading producers of nutritional supplements to design the supplement formulation according to the latest evidence. As the process by which sperm are made takes around 70 days the men will be asked to take the supplement for at least three months with monitoring during this time of sperm DNA quality. While the men are on the supplement and in the successive three months we will also monitor whether the medication increases the chance of a natural pregnancy and whether this pregnancy goes to term. As all components are available to individuals via many different supplements we see no reason to insist that the couples take contraceptive precautions during the pilot trial.

This trial pilot topic was selected after extensive engagement with our patient population, and the study has been designed with their guidance.

### Who can participate?

Couples who have had two or more miscarriages in the past

### What does the study involve?

The purpose of this study is to test whether a large clinical trial of giving men a specially formulated food supplement 'vitamin pill' is feasible. Participation in our study is entirely voluntary. To make sure the test is fair, participants are split into two groups and neither researchers nor the participants know which group participants are in. The active treatment group take a pill that contains a series of vitamins and minerals that we have specifically chosen to help the DNA in sperm pack better and be less likely to be damaged. This formulation is not available commercially, so it is not available in a pharmacy or online. All ingredients in the pill are common and routinely recommended as part of a healthy diet. People in the control group take

a dummy treatment, which looks identical to active pill, called a placebo. Trials have placebo groups to give us a baseline that we can compare to and see if the treatment has any effect. Participants cannot request to be placed in either group. Participants will provide semen and blood samples for analysis three times in the trial and keep a food diary

What are the possible benefits and risks of participating?

At the moment there is not enough evidence to say whether the trial supplement is beneficial. Minor side-effects of any food supplementation can include an upset stomach, but this is rare. All of the ingredients in our supplement are known to be safe and are common in food.

Where is the study run from?

Tommy's National Miscarriage Centre, Birmingham Women's Hospital, UK

When is the study starting and how long is it expected to run for?

December 2019 to December 2021.

Who is funding the study?

1. National Institute for Health Research (NIHR)
2. Bayer HealthCare

Who is the main contact?

Dr Jackson Kirkman-Brown  
patonium@trials.bham.ac.uk

## Contact information

### Type(s)

Scientific

### Contact name

Dr Jackson Kirkman-Brown

### ORCID ID

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### Contact details

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## Additional identifiers

Clinical Trials Information System (CTIS)

2019-000315-91

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

42663

## **Study information**

### **Scientific Title**

The pAToMiUM trial - pilot Antioxidant Therapy of Men in Unexplained Miscarriage

### **Acronym**

pAToMiUM

### **Study objectives**

Using a minerals and antioxidants dietary supplementation may improve sperm DNA quality, in turn resulting in better reproductive outcomes. This blinded randomised controlled pilot study will assess feasibility of a full-scale trial.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approval pending, East Midlands - Derby Research Ethics Committee (Riverside Centre (Derwent Room), Pride Park, Derby, Riverside Court, Pride Park, Derby, DE24 8HY; +442071048036; NRESCommittee.eastmidlands-derby@nhs.net), ref: 19/EM/0208

### **Study design**

Randomised; Both; Design type: Treatment, Screening, Drug, Physical, Active Monitoring, Validation of investigation /therapeutic procedures

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

### **Health condition(s) or problem(s) studied**

Miscarriage, elevated sperm DNA fragmentation

### **Interventions**

Menevit is a daily food grade dietary supplementation (oral single-tablet combined vitamin, antioxidant and mineral dietary supplement) designed for men considering conception by BAYER Consumer Health, which will be tested in this double-blinded, placebo-controlled pilot trial.

Participants will be screened into the trial via having elevated sperm DNA fragmentation as measured by the TUNEL assay. Men that are eligible for the study will be randomised to take this supplement or matched placebo.

Men will take the single tablet once daily for 6 months and will provide a semen sample at 1 and  $\geq 3$  months post-randomisation. The couple will be followed up for 12 weeks post-supplement cessation to report the outcome of any pregnancy.

Mechanistic testing will include number of semen, antioxidant balance and ROS, sperm chromatin & DNA structure and other relevant assays. Dietary information will also be taken.

## **Intervention Type**

Drug

## **Phase**

Phase III

## **Drug/device/biological/vaccine name(s)**

MENEVIT dietary supplement

## **Primary outcome(s)**

Feasibility outcomes:

1. Proportion of screened men that are eligible for the trial on the basis of their baseline sperm sample
2. Proportion of eligible couples randomised
3. Proportion of potentially eligible men who consent to baseline sperm sample provision
4. Proportion of randomised men that return for their 1 month and 3 month follow-up visits for additional sperm sample provision
5. Men's compliance to taking the daily nutritional supplement and reasons for stopping taking the trial intervention early
6. Proportion of couples that withdraw from the trial, and the reasons for this
7. Proportion of couple that are lost to follow-up

## **Key secondary outcome(s)**

1. Mechanistic monitoring
  - 1.1 Amount of sperm DNA damage relative to baseline after 1 month on the trial intervention
  - 1.2 Changes in conventional sperm parameters after 1 month on the trial intervention
  - 1.3 Amount of sperm DNA damage relative to baseline after 3 months on the trial intervention
  - 1.4 Changes in conventional sperm parameters after 3 months on the trial intervention
2. Clinical monitoring
  - 2.1 Ongoing pregnancy at 12 completed weeks of gestation
  - 2.2 Spontaneous conception rates whilst the man is taking the treatment
  - 2.3 Adverse events related to the trial intervention
3. Acceptability and impact on patients (outcome). All men will be requested to complete a short questionnaire at their 3-month follow-up visit to assess:
  - 3.1 How the trial impacted on their day-to-day life, including the attendance of follow-up visits.
  - 3.2 The acceptability of taking the daily nutritional supplement.
  - 3.3 Suggestions for making improvements to the recruitment processes.

## **Completion date**

28/07/2023

## **Eligibility**

**Key inclusion criteria**

Male participants:

1. Aged 18 or over
2. Two or more previous unexplained miscarriages with their current female partner
3. Currently trying to conceive with their current female partner
4. Willing to provide repeated ejaculated sperm samples for analysis
5. Sperm DNA damage greater than or equal to 20% at baseline (as determined using the Birmingham TUNEL assay)

Female participants:

1. Aged 18 to 40
2. Willing to take folic acid supplement as per medical guidelines, this is not part of the trial and would be expected in routine practice for all patients

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

15

**Key exclusion criteria**

Male participants:

1. Previous participation in pAToMiUM
2. Current smoker
3. Unwilling to provide repeated ejaculated sperm samples for analysis
4. Evidence for bacterial infection in semen on baseline semen analysis
5. Currently taking dietary supplementation and unwilling to switch to the trial supplement alone
6. Known genetic cause of previous miscarriage (e.g. chromosomal translocation)

Female participants:

1. Participation in any other trial of an investigational medicinal product
2. Female partner is known to be pregnant at the time of randomisation
3. Known genetic cause of previous miscarriage (e.g. chromosomal translocation)

**Date of first enrolment**

01/12/2019

**Date of final enrolment**

03/08/2022

## Locations

### Countries of recruitment

United Kingdom

England

### Study participating centre

**Tommy's National Miscarriage Centre, Birmingham Women's Hospital**

Birmingham Women's & Children's NHS Foundation Trust

Mindelsohn Drive

Edgbaston

Birmingham

United Kingdom

B15 2TG

## Sponsor information

### Organisation

University of Birmingham

### ROR

<https://ror.org/03angcq70>

## Funder(s)

### Funder type

Government

### Funder Name

NIHR Academy; Grant Codes: Health Care Science SCL-2014-05-001

### Funder Name

Bayer HealthCare

### Alternative Name(s)

BHC

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

For-profit companies (industry)

**Location**

Germany

## Results and Publications

**Individual participant data (IPD) sharing plan**

The datasets generated during the current study will be available upon request from the Birmingham Clinical Trials Unit at the University of Birmingham in an anonymised format after the trial has been published. Requests for the sharing of data will be reviewed by a Data Sharing Committee

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes