**The Effect of Fenugreek Use on Fasting Blood Glucose, Glycosylated Hemoglobin, Body Mass Index, Waist Circumference, Blood Pressure and Quality of Life in Type II Diabetic Patients:**

**A Randomized Double Blinded Clinical Trial Study**

**Running Title: The Effect of Fenugreek Use in Type II Diabetic Patients**

Seyyedeh Seddigheh Hassani1, Seyyed Saeid Esmaeili2\*, Mohammad Gholami-Fesharaki3

1 Seyyedeh Seddigheh Hassani, MD., Department of Iranian Traditional Medicine, Faculty of Medicine, Shahed University, Tehran, Iran

(Email: Sshassani75@yahoo.com, ORCID ID: 0000-0003-0098-6757).

2 Seyyed Saeid Esmaeili, PhD., Department of Iranian Traditional Medicine, Faculty of Medicine, Shahed University, Tehran, Iran

 (Email: Dr.esmaeili@chmail.ir, ORCID ID: 0000-0001-8030-2129).

3 Mohammad Gholami-Fesharaki, PhD., Department of Biostatistics, Faculty of Medical sciences, Tarbiat Modares University, Tehran, Iran

 ( Email: Mohammad.gholami@modares.ac.ir, ORCID ID: 0000-0003-0517-5718).

**\*** Corresponding author: Seyyed Saeid Esmaeili, Assistant Professor of Traditional Medicine,

Address: Tehran, Persian Gulf Highway (Tehran - Qom), facing the shrine Imam Khomeini, Shahed University.

Tel.: +98 21 51524055
Fax: +98 21 51524055