



*In The Name of God*

Sport Sciences Research Institute of Iran  
Ministry of Science, Research & Technology

Date : 25/12/2022

No : 11/57450

### Ethics Approval of Research

Trace Code  
113194

This is to certify that the research project entitled '**The effect of 6 weeks of CXWORX training with nettle supplementation on lipid profile, creatinine protein and some body composition indices in overweight and obese women**' provided by **Mr. Mehdi Mogharnasi** has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with *Ethical Standards in Research* of the Ministry of Science, Research and Technology, with the code ***IR.SSRI.REC.1401.1695***

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