



*In The Name of God*

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

Date: 7/1/2023

No: 11/57709

### Ethics Approval of Research

Trace Code  
113818

This is to certify that the research project entitled '**Effect Of Omega-3 and Vitamin E Supplementation on Indices of Cell Membrane Damage, Delayed Muscle Soreness and Pain after Anaerobic Exercise in Non-Athletes**' provided by **Mr. Javad Mehrabani** 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.1401.1803***

Hamed Abbasi  
Deputy of Research