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Differences in Weight Loss Between Persons on Standard Balanced vs
Nutrigenetic Diets in a Randomized Controlled Trial

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Title: Differences in Weight Loss Between Persons on Standard Balanced vs Nutrigenetic Diets in a Randomized Controlled Trial

Short title: Nutrigenetic-guided diet and weight loss

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Abbreviations: BDG – balanced diet genotype; BIA - Bioelectrical impedance analysis; GT – genotype-guided therapy; RMR – resting metabolic rate; ST – standard therapy

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Contributions: KLH provided the study concept, designed the study, and obtained funding; MLK, KAF, PSL, KLH, and AZ conducted research and acquired data; MLK is the study dietician who created individual meal plans; JE, AZ, and TRR analyzed and interpreted the data; KAF, AZ, JE, and MLK drafted the manuscript; SG provided critical revision of the manuscript

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