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*Nigella sativa* oil with a calorie-restricted diet can improve biomarkers of systemic inflammation in obese women: a randomized double-blind, placebo-controlled clinical trial

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## ACCEPTED MANUSCRIPT

Nigella sativa oil with a calorie-restricted diet can improve biomarkers of systemic inflammation in obese women: a randomized double-blind, placebo-controlled clinical trial Reza Mahdavi<sup>1</sup>, Nazli Namazi\*<sup>2</sup>, Mohammad Alizadeh<sup>1</sup>, Safar Farajnia<sup>3</sup> <sup>1</sup>Nutrition Research Center, Faculty of Nutrition, Tabriz University of Medical Sciences, Tabriz, Iran <sup>2</sup>Nutrition Research Center, Student Research Committee, Tabriz University of Medical Sciences, Tabriz, Iran <sup>3</sup> Drug Applied Research Center, Tabriz University of Medical Sciences, Tabriz, Iran \*Corresponding Author: Nutrition Research Center, Student Research Committee, Tabriz University of Medical Sciences, Tabriz, Iran; Nazli Namazi Email: namazi109@gmail.com 

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