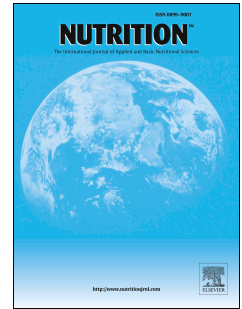


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Orange juice allied to a reduced-calorie diet results in weight loss and ameliorates obesity-related biomarkers: A randomized controlled trial

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1 **Orange juice allied to a reduced-calorie diet results in weight loss and ameliorates**
2 **obesity-related biomarkers: A randomized controlled trial**

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9 Reduced-calorie diet with orange juice results in weight loss in obese

10

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12

13 **Keywords:** *orange juice, reduced-calorie diet, body composition, biochemical*
14 *biomarkers, obese, randomized-controlled trial*

15

16 **Abbreviations:** γ GT: gamma glutamyl transferase; ABTS: 2,2'-azino-bis (3-
17 ethylbenzothiazoline-6-sulphonic acid); AST: aspartate aminotransferase; ALT: alanine
18 aminotransferase; BMI: body mass index; HDL-C: high-density lipoprotein; HOMA:
19 Homeostasis Model Assessment; hsCRP: high-sensitivity C-reactive protein; IL-6:
20 interleukin 6; RCD: reduced-calorie diet; LDL-C: low-density lipoprotein; OJ: orange
21 juice; PPAR γ : peroxisome proliferator-activated receptor gamma; SFA: saturated fatty
22 acids; TBARS: thiobarbituric acid reactive substances; TEAC: trolox equivalent
23 antioxidant capacity; TEE: total energy expenditure; VLDL: very low-density lipoprotein.

24

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