

Accepted Manuscript

Efficacy of tea catechin-rich beverages to reduce abdominal adiposity and metabolic syndrome risks in obese and overweight subjects: a pooled analysis of 6 human trials.

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PII: S0271-5317(17)30544-4
DOI: doi:[10.1016/j.nutres.2018.03.012](https://doi.org/10.1016/j.nutres.2018.03.012)
Reference: NTR 7867

To appear in:

Received date: 18 June 2017
Revised date: 19 February 2018
Accepted date: 19 March 2018

Please cite this article as: Masanobu Hibi, Hideto Takase, Masaki Iwasaki, Noriko Osaki, Yoshihisa Katsuragi , Efficacy of tea catechin-rich beverages to reduce abdominal adiposity and metabolic syndrome risks in obese and overweight subjects: a pooled analysis of 6 human trials.. The address for the corresponding author was captured as affiliation for all authors. Please check if appropriate. Ntr(2018), doi:[10.1016/j.nutres.2018.03.012](https://doi.org/10.1016/j.nutres.2018.03.012)

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