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Fumika Mano, Kaori Ikeda, Erina Joo, Shunsuke Yamane, Norio Harada, Nobuya Inagaki

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Fumika Mano, Kaori Ikeda, Erina Joo, Shunsuke Yamane, Norio Harada, Nobuya Inagaki

Author Affiliation; Department of Diabetes, Endocrinology and Nutrition, Graduate School of Medicine, Kyoto University, Kyoto, Japan (F.M., K.I., E.J., S.Y., N.H., Nob.In.)

Address; 54 Shogoin Kawahara-cho, Sakyo-ku, Kyoto, Japan

e-mail address; fumanou@kuhp.kyoto-u.ac.jp (Fumika Mano),
krikeda@kuhp.kyoto-u.ac.jp (Kaori Ikeda)
erinajoo@kuhp.kyoto-u.ac.jp (Erina Joo)
shyamane@kuhp.kyoto-u.ac.jp (Shunsuke Yamane)
nharada@kuhp.kyoto-u.ac.jp (Norio Harada)

Corresponding Author name; Nobuya Inagaki

telephone number; +81757513562

e-mail address; inagaki@kuhp.kyoto-u.ac.jp

List of abbreviations used; GIP, Glucose-dependent insulinotropic polypeptide; GLP-1, Glucagon-like peptide 1; DASH, Dietary approaches to stop hypertension; SD, standard deviation; BMI, Body mass index; IgG, Immunoglobulin G; MSG, Monosodium L-glutamate; GEC, Gastric emptying coefficient; NaF, sodium fluoride; EDTA, Ethylenediamine tetraacetic acid; DPP4, Dipeptidyl peptidase-4; ANOVA, Analysis of variance; AUC, area under the curve; FD, Functional