Table S3. Examples of changes in a participant's antropometric parameters during the dietary inte

		I week	II week	IV week	After one cycle		14 week
	0th day 15.08.2023.	8th day 22.08.2023	15th day 29.08.2023.	31st day 14.09.2023.	*TOTAL*	*Results %*	98th day 27.11.2023.
HEIGHT / cm	175	175	175	175	/	/	**175**
WEIGHT / kg	127,9	122	118,4	114,7	***-13,20***	***-10,32%***	**97**
BMI	41,76	39,84	38,66	37,45	***-4,31***	***-10,32%***	**31,67**
% FAT	37,2	37,9	37,1	34,5	***-2,70***	***-7,26%***	**25,9**
% VISCERAL FAT	21	20	20	18	***-3,00***	***-14,29%***	**13**
% MUSCLE MASS	29,3	29,1	29,5	30,9	***1,60***	***5,46%***	**34,6**
% WATER	44,4	45,2	45,6	46,2	***1,80***	***4,05%***	**49,4**
Waist Circumference	***125***	***120***	***116***	***114***	***-11,00***	***-8,80%***	**94**

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After 14 cycles	
TOTAL	***Results %***
/	*/*
-30,90	***-24,16%***
-10,09	***-24,16%***
-11,30	***-30,38%***
-8,00	***-38,10%***
5,30	***18,09%***
5,00	***11,26%***
-31,00	***-24,80%***