

Table Summary table of research procedures

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Visit		1			2	3	4
Timing (week)	скри- нинг	0	(+2)	(+4)	(+5)	(+10)	(+14)
Assessment of inclusion and non-inclusion criteria	X	X	-	-	-	-	-
Assessment of exclusion criteria	-	-	-	-	X	X	X
Signing of informed consent	-	X	-	-	-	-	-
Issuance of the study product	-	-	-	-	X	-	X
Anthropometric assessment *	-	X	-	-	-	X	X
Lipid profile	-	X	-	-	-	X	X
Fasting glucose	-	X	-	-	-	X	X
Glycated hemoglobin	-	X	-	-	-	X	X
Alanine aminotransferase (ALT)	-	X	-	-	-	X	X
Aspartate aminotransferase (AST)	-	X	-	-	-	X	X
C-reactive protein (CRP)	-	X	-	-	-	X	X
Alkaline phosphatase (ALP)	-	X	-	-	-	X	X
Бактериологическое исследование	-	X	-	-	-	-	-
Real-time PCR	-	X	-	-	-	X	X
16S rRNA metagenomic study	-	X	-	-	-	X	X
Quality of life questionnaire	-	-	-	-	X	X	X
Issuance/return of the gastric diary	-	X	-	-	-	-	-

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