

their body weight checked and recorded. The two groups took the assigned tablets, one tablet per day before the main meal rich in complex carbohydrates for 30 consecutive days (Table 2).

The two provided tablet formulas were identified by the sponsor as Blokcal batch D106B (Test) and Blokcal batch 1600301 (Placebo). Tablets were identical in appearance so that the test and placebo tablets were indistinguishable. An envelope containing the sam-

ple's qualitative-quantitative formulas and the product identification key was delivered to the principal investigator and kept at the disposal of the researchers during the test period for any unexpected circumstances. Upon completion of the study, the envelope was opened in the presence of a representative of the sponsor and of the Principal Investigator, and the representative formulas of the samples were identified.

Table 2 A general summary of the meal plan used in the current study.

Breakfast:	
• Partly Skimmed Milk	250 g
• Biscuits	50 g
• One Spoonful of Sugar	
Lunch: <i>(Take one tablet of product before the meal):</i>	
• Pasta with fresh tomato sauce or soup with pasta or rice, pasta or semolina in a fat-free or vegetable broth or pizza	100 g 100 g 200 g
• Legumes (beans, lentils, peas, etc.) or Steamed Potatoes	140 g 140 g
• White or whole wheat bread or bread sticks	50 g
• Olive oil	20 g
• Fresh seasonal fruit (may be in the form of squeezed fruit juice or fruit shakes)	200 g
• Coffee with one teaspoon of sugar	
Snack:	
• Fresh seasonal fruit (may be in the form of squeezed fruit juice or fruit shakes)	150 g
Dinner:	
• Fish (cod, sole, gilthead, dentex, bass) or lean ham or dried salted beef ("bresaola") or chicken or turkey or rabbit or veal or beef or mozzarella, soft cheese ("certosino"), ricotta or other types of cheese like fontina, provolone, caciotta, stracchino, or taleggio or eggs	200 g 100 g 180 g 200 g 100 g 100 g qty: 2
• Fresh seasonal vegetables (excluding legumes)	150 g
• White or whole wheat bread or bread sticks	50 g
• Olive Oil	20 g
• Fresh seasonal fruit (may be in the form of squeezed fruit juice or fruit shakes)	200 g
It is recommended to eat poultry at least 4 times a week; cheese and eggs should not be included in the diet more than twice a week.	