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(54) Title: LONG TERM WEIGHT MAINTENANCE

(57) Abstract: This invention is in the field of weight maintenance, more in particular in the field of long term weight maintenance of humans. The invention relates to the use of a mixture of a triglyceride oil having a solid fat content at ambient to body temperature and an emulsifier for maintaining weight after weight loss. The invention also relates to the use of a mixture of a triglyceride oil having a solid fat content at ambient to body temperature and an emulsifier for obtaining a thermogenic effect. The invention also relates to the use of a mixture of a triglyceride oil having a solid fat content at ambient to body temperature and an emulsifier for increasing the energy expenditure such as resting energy expenditure.



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