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(71) Applicant *(for all designated States except US)*: **ENTELOS, INC.** [US/US]; 110 Marsh Drive, Foster City, CA 94404 (US).

(72) Inventor; and

(75) Inventor/Applicant *(for US only)*: **POLIDORI, David** [US/US]; 1540 Oak Creek Drive #304, Palo Alto, CA 94304 (US).

(74) Agent: **FLICK, Karen, E.**; Foley & Lardner LLP, 1530 Page Mill Road, Palo Alto, CA 94304-1125 (US).

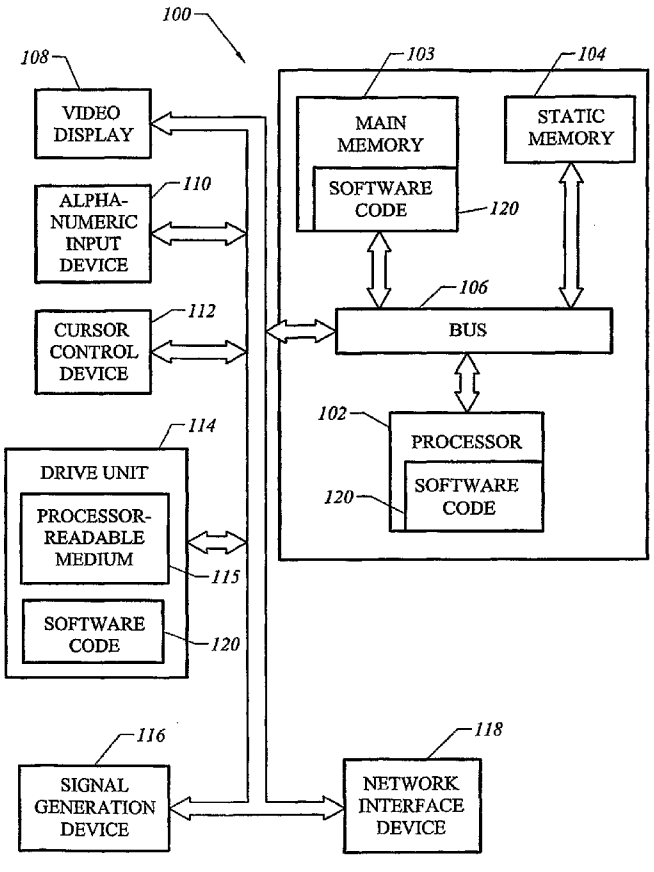
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(54) **Title:** APPARATUS AND METHODS FOR ASSESSING METABOLIC SUBSTRATE UTILIZATION



(57) **Abstract:** Apparatus and methods for assessing metabolic substrate utilization are described. In one embodiment, a processor-readable medium includes code to receive data indicative of a plasma glucose concentration, a plasma free fatty acid concentration, and a respiratory quotient of a subject. The processor-readable medium also includes code to calculate, based on the data, respective values of a set of metabolic parameters. The set of metabolic parameters includes a first metabolic parameter and a second metabolic parameter. The value of the first metabolic parameter is indicative of whether the subject has a predisposition towards oxidation of a first type of metabolic substrate or a second type of metabolic substrate, and the value of the second metabolic parameter is indicative of the subject's responsiveness to a change in availability of the first typo of metabolic substrate or the second type of metabolic substrate.

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