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Observational Study

Intestinal permeability after Mediterranean diet and low-fat diet in non-alcoholic fatty liver disease

Biolato M *et al.* Intestinal permeability and NAFLD

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Abstract

BACKGROUND

In non-alcoholic fatty liver disease (NAFLD), a high-fat or high-fructose diet increases intestinal permeability and promotes derangement of the gut-liver axis. We hypothesize that, diet could be able to modulate intestinal permeability in patients with NAFLD.

AIM

To detect diet-induced modification of intestinal permeability in patients with NAFLD undergoing a Mediterranean diet or a low-fat diet.

METHODS

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