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**Effects of intermittent fasting on health markers in those with type 2 diabetes: A pilot study**

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**Corresponding author:**

**Kerry Mansell BSP, PharmD, MBA**, Associate Professor, College of Pharmacy and Nutrition, University of Saskatchewan, Saskatoon, Saskatchewan, 104 Clinic Place, University of Saskatchewan, Saskatoon, Saskatchewan, S7N 5E5, Canada.

[kerry.mansell@usask.ca](mailto:kerry.mansell@usask.ca)

Phone: 1 306 966 5235

Fax: 1 306 966 6377

Handwritten signature of Kerry Mansell in black ink.