RECRUITMENT (VISIT 0)

- Participant information
- Informed consent
- Medical history
- Life habits
- Dietary history
- Anthropometry
- Blood analysis
- Blood pressure

21 people interested

5 persons found ineligible

16 subjects randomized

VISIT 1 (Day 0)
- Anthropometry and body composition
- Blood pressure

VISIT 2 (Day 7)
- Anthropometry and body composition
- Blood pressure

VISIT 3 (Day 14)

Jam intake assigned to each visit (60g)

Blood analysis and VAS: 0’, 30’, 60’, 90’, 120’