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**Wurtman et al.**

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(54) **WEIGHT LOSS COMPOSITIONS AND METHODS FOR INDIVIDUALS WHO MAY HAVE GASTRIC HYPERACIDITY**

5,760,014 A 6/1998 Wurtman et al.

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(52) **U.S. Cl.** ..... **426/72; 426/73; 426/74; 426/804; 426/808; 426/810**

(58) **Field of Classification Search** ..... **426/72, 426/73, 74, 804, 808, 810**

See application file for complete search history.

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(57) **ABSTRACT**

Compositions and methods of losing weight are described that are suitable for individuals susceptible to gastric hyperacidity or gastroesophageal reflux. The compositions include in part a snack food having two or more rapidly digestible carbohydrates, in which the foodstuff or an aqueous mixture of the foodstuff and water has a pH equal to or greater than about 6, and in which the snack is substantially protein-free. The method of weight loss suitable for an individual with gastric hyperacidity includes substantially limiting the individual's caloric intake to about 1400 calories or less for women and 1800 calories or less for men in which the caloric intake includes one or more substantially protein-free snack foodstuffs having two or more rapidly digestible carbohydrates, in which an aqueous mixture of the foodstuff with water has a pH equal to or greater than about 6 and in which the individual loses weight.

**23 Claims, No Drawings**