

#### **Instructions**

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Hu 1



Section 1.	Identifying Inform	ation	
1. Given Name (Fire	st Name)	2. Surname (Last Name) Hu	3. Date 06-May-2020
4. Are you the corre	esponding author?	Yes ✓ No	Corresponding Author's Name Minshan Chen
5. Manuscript Title The beneficial eff		sting: an update on mecha	nism, and the role of circadian rhythm and gut microbiota
6. Manuscript Iden HBSN-20-317	tifying Number (if you kn	ow it)	
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any aspect of the su statistical analysis, e	ubmitted work (including	but not limited to grants, da	a third party (government, commercial, private foundation, etc.) for ta monitoring board, study design, manuscript preparation,
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Section 4.			
Section 4.	Intellectual Proper	ty Patents & Copyrig	yhts
Do you have any	patents, whether plani	ned, pending or issued, br	oadly relevant to the work? Yes Vo

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Section 5.			
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Xie 1



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Do you have any patents, whether plan	ned, pending or issued, br	oadly relevant to the work?	<b>✓</b> No

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Ye 1



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Bahijri 1



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1. Given Name (First Name) Suhad	2. Surname (Last Name) Bahijri	3. Date 08-June-2020	
4. Are you the corresponding author?	Yes ✓ No	Corresponding Author's Name	
5. Manuscript Title The Beneficial Effects of Intermittent Fa	isting: An Update on Mech	anism, and The Role of Circadian Rhythm and Gut Microbiota	
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