

# Modulation of fat oxidation: nutritional and pharmacological approach

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### **Modulation of fat oxidation: nutritional and pharmacological approach**

1 The attenuated inhibition of postprandial fat oxidation after ingestion of isomaltulose, a structurally manipulated carbohydrate, in combination with a mixed meal could be attributed to greater supply of FFA to the fat-oxidizing tissue (*this thesis*).

2 Short-term supplementation of the catechin EGCG induced a shift towards a more oxidative phenotype, but research is required under what conditions EGCG will have the optimal effect (*this thesis*).

3 The increased fat oxidation after the GLP1 receptor agonist liraglutide is independent of weight loss, energy balance and physical activity, which may indicate that liraglutide has a direct effect on fat oxidation (*this thesis*).

4 Dietary supplements or pharmacological intervention may be a useful tool to increase the lifestyle intervention success (*this thesis*).

5 Science never solves a problem without creating ten more (George Bernard Shaw).

6 What we know is a drop of water, what we do not know is the ocean. (Isaac Newton, 1642-1727)

7 When we know what we are doing, it wouldn't be called research (Albert Einstein).

8 Als je het belang van je onderzoek niet aan je moeder kan uitleggen, is er waarschijnlijk niets mis met je moeder, wel met je onderzoek (Maarten Boksem).

9 Nothing great is easy (Captain Matthew Webb).