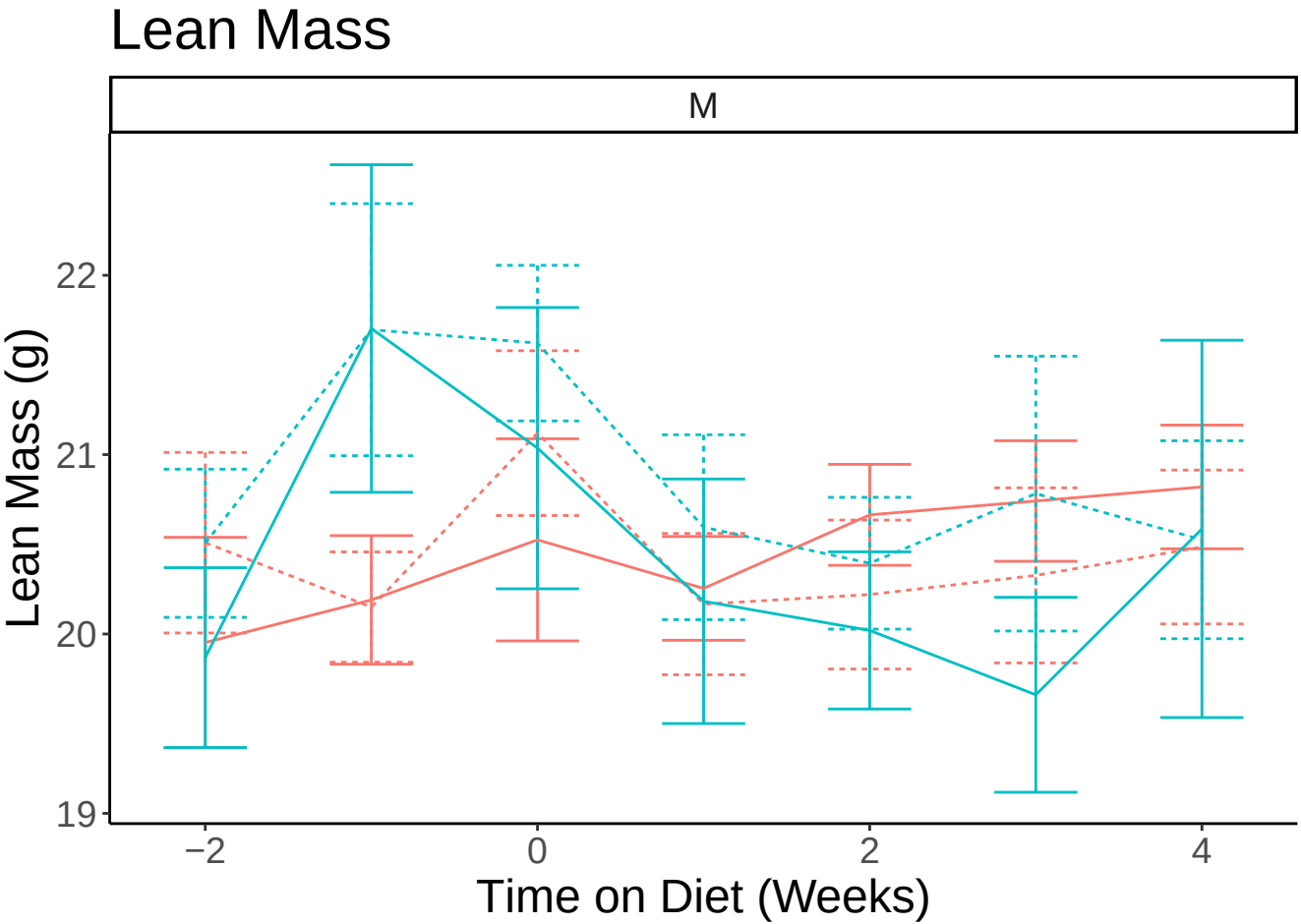
Lean Mass
M
Lean Mass (g)
22
21
20
19
−2
0
2
4
Time on Diet (Weeks)