

“What micronutrients or specific foods or supplements (e.g. turmeric) reduce liver enzyme ALT to the lowest level, without changing BMI?”

The answer should be made in this way:

https://docs.google.com/file/d/1tisoT2x47hfGxYFzyXwl7IZuvptHVulq/edit?usp=docslist_api&filetype=mspresentation

The answers should have structured data + examples of up to 100 interventions (treatments) to resolve the question above & links supporting your answer

- 4-mo intervention with daily antioxidants (vitamin E, 400 IU; vitamin C, 500 mg; selenium, 50 μ g) helps to reduce liver enzyme ALT, but the have no significant impact on BMI according to the data
<https://academic.oup.com/jn/article/144/2/193/4713873?login=true>