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(54) Title of the Invention: **Encapsulated compositions and method of use - affecting satiety**
 Abstract Title: **Encapsulated compositions and method of use - affecting satiety**

(57) A composition and method is described herein. The method includes administering a composition capable of generating molecular hydrogen to an individual, the method comprising: co-administering food and a dose or doses of the composition to the alimentary canal of the individual, wherein the composition comprises glucomannan, xanthan gum, magnesium metal powder, an organic acid, excipients, or any combination thereof. The method also includes administering the composition formulated for oral delivery wherein the administration induces satiety/weight loss, exercise endurance, anti-inflammatory effects, or any combination thereof. The method also includes administering the composition enclosed in a capsule, as a powder composition, as a hydrogel, or any combination thereof.

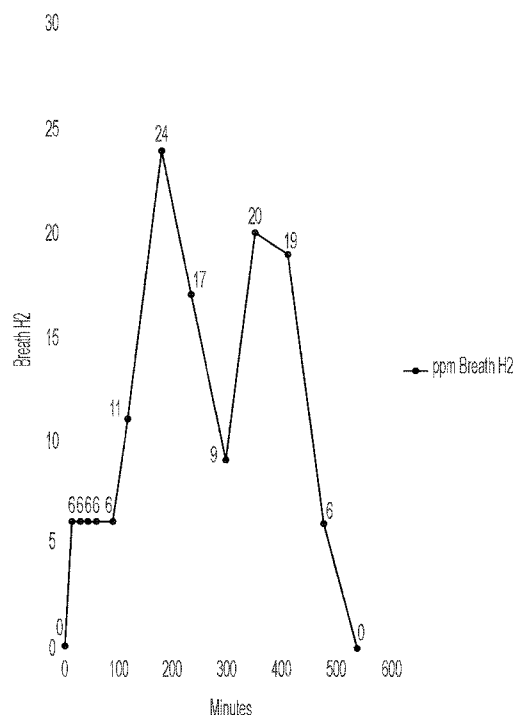


FIG. 7