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### Understanding Determinants of Carbohydrate Metabolism and Their Contribution to Metabolic Health; The Impact of *AMY1* CNV (P21-015-19)

Nathan O'Callaghan,<sup>1</sup> Armand Valsesia,<sup>2</sup> Sameer Kulkarni,<sup>3</sup> Julien Marquis,<sup>3</sup> Patricia Leone,<sup>3</sup> Polina Mironova,<sup>3</sup> Ondine Walter,<sup>3</sup> Wim Saris,<sup>4</sup> Patrick Descombes,<sup>3</sup> Jorg Hager,<sup>3</sup> Wim Saris,<sup>4</sup> Arne Astrup,<sup>4</sup> and Christian Darimont<sup>3</sup>

<sup>1</sup>CSIRO; <sup>2</sup>Nestle Research; <sup>3</sup>Nestle Research Centre; and <sup>4</sup>University of Copenhagen

**Objectives:** Salivary  $\alpha$ -amylase (*AMY1*) is responsible for the breakdown of starch into oligosaccharides, tri and di-saccharides giving a start to the starch digestion in the oral cavity on food consumption. Several studies recently reported contradicting results regarding the link between *AMY1* copy numbers (CNs) and obesity and type 2 diabetes.

**Objective:** We investigated whether CN in the *AMY1* gene was associated with differential anthropometrics and glycaemic outcomes in obese individuals who underwent a dietary plan varying in macronutrient intake, as a part of weight loss and weight maintenance program. We also investigated whether there existed an interaction between nutrient intakes and *AMY1* CNs and if *AMY1* CNs have influence on body weight, body composition and glycaemic trajectories during dietary interventions.

**Methods:** Using the Paralogous Ratio Test, we accurately measured the *AMY1* CNs in 761 obese individuals from the Diogenes study.

Subjects underwent first an 8-week low-caloric diet (LCD, at 800 kcal/d) and those achieving >8% weight loss were then randomized to a 6-month weight maintenance dietary (WMD) intervention. The association between *AMY1* CNs and weight- and glycaemic- parameters was tested at baseline and following each intervention phase (LCD, WMD) with the use of linear mixed effect models adjusting for gender, age, center and total energy intake.

**Results:** At baseline, a modest association between *AMY1* CN and BMI ( $P = 0.04$ ) was observed. *AMY1* CN was not associated with baseline glycaemic variables. Additionally, *AMY1* CN was not associated with anthropometric or glycaemic-outcomes following either LCD or WMD. Interaction analyses between *AMY1* CN and nutrient intake did not reveal significant association with any clinical parameters (at baseline and following LCD or WMD) or when testing gene x WMD interactions during the WMD phase

**Conclusions:** In the absence of association with weight trajectories or glycaemic improvements, the *AMY1* CN cannot be considered as an important biomarker for response to a clinical weight loss and weight maintenance programs in overweight/obese subjects.

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