**SUPPLEMENTARY TABLE 1.** Measurement of plasma leptin.

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| --- |
| 1. Blood sample was collected from subjects into EDTA tubes
 |
| 1. The blood was centrifuged at 3000 rpm, for 15 minutes at 4 ºC.
 |
| 1. Serum was stored in plastic eppendorf tubes and stored at –80 ºC for further analysis
 |
| 1. For analyze the sample we used ELISA technique (R & D Systems- Human Leptin DuoSet ELISA DY398). We diluted the Capture Antibody to the working concentration in PBS without carrier protein. Immediately coated a 96-well microplate with 100 μL per well of the diluted Capture Antibody. Seal the plate and incubated overnight at room temperature
 |
| 1. Aspirated each well and washed with Wash Buffer, repeating the process two times for a total of three washes
 |
| 1. Blocked plates by adding 300 μL of Reagent Diluent to each well. We incubated at room temperature for a minimum of 1 hour.
 |
| 1. We repeated the aspiration/wash as in step 2.
 |
| 1. We added 100 μL of standards in Reagent Diluent per well
 |
| 1. We repeated the aspiration/wash as in step 2 of Plate Preparation
 |
| 1. . We added 100 μL of the Detection Antibody, diluted in Reagent Diluent, to each well. We covered with a new adhesive strip and incubate 2 hours at room temperature
 |
| 1. We repeated the aspiration/wash as in step 2 of Plate Preparation
 |
| 1. We added 100 μL of the working dilution of Streptavidin-HRP to each well and covered the plate and incubate for 20 minutes at room temperature and we avoided placing the plate in direct light
 |
| 1. We added 50 μL of Stop Solution to each well. Gently tap the plate to ensure thorough mixing
 |
| 1. . We determined the optical density of each well immediately, using a microplate reader set to 450 nm and put it on the photometer
 |

**SUPPLEMENTARY TABLE 2.** Measurement of plasma glucose.

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| 1. Blood sample was collected from subjects into EDTA tubes
 |
| 1. The blood was centrifuged at 3000 rpm, for 15 minutes at 4 ºC.
 |
| 1. Serum was stored in plastic eppendorf tubes and stored at –80 ºC for further analysis
 |
| 1. . For analyze the sample we used ELISA technique (Labtest Diagnostica S. A.-Glucose Liquiform). We aspirated 0.01 mL per weel of microplate The plate was incubated for 10 minutes in water bath (37ºC)
 |
| 1. We added 1 mL of Reagent Diluent in sample per well
 |
| 1. We determined the absorbance of each well immediately, using a microplate reader set to 505 nm and put it on the photometer
 |
| 1. The glucose was obtained with the formula provided by the manufacturer.

Glucose mg / dL = (Test absorbance / Standard absorbance) \* 100 |

|  |
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| **SUPPLEMENTARY TABLE 3.** Visual Analog Scale (VAS) parameters at the baseline moment. |
| Parameters | Collagen GroupMedian IQ  | Whey Protein GroupMedian IQ | p |
| Hunger sensation (mm) | 41 [36.2 - 65.5] | 53.5 [40 - 61.5] | 0.55 |
| Desire to eat (mm) | 59 [34.7 - 70.7] | 53.5 [34 – 79.0] | 0.89 |
| Feeling of full stomach (mm) | 10 [0.5 - 15.7] | 7.5 [0 - 11.2] | 0.48 |

The values measured at the initial moment between treatments (Collagen x Whey) were compared with Anova two way (adjusted for individual variation).

IQ: Interquartile range