

## Format for ANSWERING REVIEWERS



July 25, 2014

Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: **NO. 11994**-RCT.doc).

**Title:** *Effects of Flavonoid Rich Beverage on Lipid Profile and Blood Pressure in Diabetic Patients*

**Author:** Reza Amani, Sara Moazzen\*, Hajieh Shahbazian, Kambiz Ahmadi, Mohammad Taha Jalili.

**Name of Journal:** *World Journal of Diabetes*

**ESPS Manuscript NO:** **11994**

The manuscript has been improved according to the suggestions of reviewers:

1. Format has been updated
2. Revision has been made according to the suggestions of the reviewer

### Peer Review 1:

In page 9, line 243, says: "Participants demonstrated good compliance with FDS and placebo beverage consumption and no adverse effects or symptoms were reported". Which is in disagreement with that stated in page 11, line 317: "patients experienced this temporary gastrointestinal discomfort during the first week, which was later alleviated". These was probably the cause to abandon the experiment. In this context, in table 2 and in the text, it is indicated that the beverage correspond to 500g of fresh strawberries. I think this is a very huge amount and can produce an important acidification and gastrointestinal discomfort. The changes (absolute values) in cholesterol and cholesterol/ HDL are very small (9-13%), so I consider these differences are not physiologically important. Although the differences between controls and treated are significant according to the statistical analysis, the absolute values do not indicate that, it would be interesting to use another test to compare the two groups, such as Bonferroni analysis. The most remarkable result is the fact that treatment reduced the systole; however, they found the same effect with the placebo, then it cannot be considered as a benefic effect of the treatment. Interesting, patients presented a good blood glucose control. Since hyperglycemia is considered to be the cause of oxidative stress, the lack of effect of the antioxidants (strawberries beverage) observed, is probable due to a lack of oxidative stress in these patients. Abbreviations list should include HbA1C, MUFA, and in the text. Table 3. Concentration of zinc, do not show variability?

### Peer Review 2:

The manuscript entitled; "Favorable Effects of Flavonoid Rich beverage on Lipid Profile and Blood Pressure in Type 2 Diabetes Patients", considers the beneficial effects of flavonoids on cardiovascular complications associated to diabetes mellitus that have been subject of considerable interest. This study, investigates the effects of freeze-dried strawberry beverage in comparison with strawberry flavored drink on metabolic parameters as: lipid profile, glycemic control and blood pressure after six weeks supplementation with flavonoids in type 2 diabetic patients. The intervention was conducted according to the Declaration of Helsinki and all procedures

involving human subjects were approved by the Research Ethics Committee at Ahvaz Jondi Shapour University of Medical Science. This study is the first time that a randomized control trial has been carried out on the effect of freeze dried strawberry in type 2 diabetes mellitus complications. Lipid profile and blood pressure were improved in patients who consumed freeze dried strawberry beverage for six weeks. The study is interesting because demonstrates the efficacy of dietetic changes over atherosclerosis in patients affected with type 2 diabetes mellitus.

#### Replies:

- (1). The column is Randomized Controlled trial (Highlighted in yellow in the text).
- (2). Author contribution and core tip was added before, though it is highlighted in text to be seen.
- (3). In Results part, page 9 line 239 was edited according to the peer review comments. The cause of participant's abundance (1 in intervention and 3 in placebo group) has been indicated in Fig 1. The amount of FDS powder had been determined according to the previous studies, and this amount is equivalent to 2 servings of fresh strawberries which could not produce certain side effects considering the period of intervention. Though for longer period of intervention the daily amount could be reduced.
- (4). Thanks for the recommendation of Bonferroni test by peer review, for better elucidation of the impact of the FDS powder on lipid profile and blood pressure in type 2 patients. This was transferred to our statistic supervisor; this test could be done once Anova test was done for adjusting for some related covariates, in this study the results of analysis by Bonferroni test did not differ significantly from the results of previous test. Though this could be suggested for future studies, to consider more related covariate to control with Anova and use Bonferroni test for analysis.
- (5). The difference in both groups was not significant in some variables, this might be due to the fiber content of placebo powder. Further investigations with a fiber free placebo (as 3rd group) are needed to study the favorable effects of whole content of berry products in diabetes patients.
- (6). Thanks for the peer review recommendation, the variability was added for zinc in table 3 (Highlighted in yellow).
- (7). Abbreviation list was completed according to the peer review recommendation.

#### 3. References and typesetting were corrected

Thank you again for publishing our manuscript in the *World Journal of Diabetes*.

Sincerely yours,

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