

Reviewer #1:

Specific Comments to Authors: This is a well written concise review summarizing the existing literature data regarding the potential beneficial effects of Chios Mastic Gum on cardiometabolic risk factors. I have the following comments to make:

1. The authors should make a note that the effects of CMG on lipids in humans are rather minor and the beneficial effects of CMG should not be overstated or deemed as unique, as there are other "natural" substances, such as sterols and stanols, that have been shown to cause significant reductions in LDL-C.

Answer: Thank you for your comment. The comment regarding the effect of CMG on lipids has been added into the text (page 3, last paragraph).

2. The authors should discuss the limitations of the studies (ref. 19 & 20). For example, the rest of the diet of the participants (apart from the addition of CMG) was not in any way controlled during the study and cannot exclude any effect of possible diet changes on the results of the study.

Answer: Thank you for your comment. This now has been added into the text (page 3, last paragraph).

3. In the quoted study by Triantafyllou et al. (Ref. 19), there was a significant reduction of the cardioprotective ApoA1. This has to be discussed by the authors as to its potential clinical significance.

Answer: Thank you for your comment. This now has been added into the text (page 5, first paragraph).

4. In many instances in the text, the term CMG (Chios Mastic Gum) has been written as CGM and the terms are used interchangeably. This has to be corrected.

Answer: The corrects have been made throughout the text.

Reviewer #2:

In conclusion, CMG has a wide spectrum of applications and consists a symbol of Chios Island with various national, economic, historical and scientific implications. "consists a symbol of Chios Island with various

national, economic, historical and scientific implications."this sentence in confusing, please modify it.

Answer: The above sentence has been modified (page 5, last paragraph).