

Answering reviewers

Dear Editor and Reviewers

Thank you for considering our short review for publication. Please see amendments to manuscript outlined below and track changes in document.

Editors Comments

1. Added more detailed address, postcode, phone number and fax number.
2. Conflict-of-interest letter created and signed by all authors.
3. Biostatistics: N/A
4. Data Sharing: No additional data are available.
5. Reduced title to 12 words and reduced aim to 20 words.
6. Added keywords.
7. Added 100 word summary.
8. Included an audio summary.
9. Corrected in-text (superscript) and reference list as per requirements (PMID, DOI etc).
10. Comments included.
11. Document formatted as requested.
12. Copyright agreement signed, checked for plagiarism

Reviewed by 00160386

The review though very short is written well. The authors state that intermittent energy restriction which requires severe energy restriction needs to be discussed as it is a developing concept. Caution needs to be exercised while conducting such studies as severe energy restriction may lead to hypoglycemic condition even in overweight and obese type 2DM patients under medication

Thank you. I have added comments to the manuscript regarding the risk of hypoglycemia.

Reviewed by 00646291

The term VLED is used in the introduction and the results sections of the manuscript and the term VLCD in the methods and the table. The definition of VLED is provided but it is not mentioned whether VLED and VLCD are identical.

Thank you. I have changed all VLED to VLCD.

The third paragraph in the results section does not mention any conclusions of the study. Please provide conclusions or mention the study is still ongoing.

The pilot trial is complete but the 12-month intervention is ongoing. I have clarified this in the manuscript.

A more systematic presentation of the studies cited should be provided in terms of gender, age, time from diagnosis of the participants etc. so that the conclusions could be useful in the clinical practice.

This has now been added to the table.

Reviewed by 03494395

This article is excellent. It can be accepted for publication.

Thank you.

Kind regards

Sharayah Carter