

Reviewer's report

Title: Effect of beetroot juice on lowering blood pressure in free-living, disease-free adults: a randomized, placebo-controlled trial

Version: 1 **Date:** 30 July 2012

Reviewer: Tanja Sobko

Reviewer's report:

Major Compulsory Revisions

Congratulations on a nicely designed study. This is an important trial as it reports the impact of beetroot juice on BP. The strength of this study is that it was randomized, crossover as well as the BJ was given a part of an ordinary diet. The drawback is that the the trial individuals, half of the women, have been using pharmaca, which I believe might influence the effect of the treatment. More importantly, the authours should take into concideration the BMI of the subjects, as it seems that the studied group are overweight subjects.

In order to connect this effect with nitrate, abudant in BJ, blood samples should be taken and analized.

In my opinion, the issues above should be handled or at least discussed.

Discretionary Revisions

It wuld be interesting to see the table 3 in a figure form, to have a more illustrative view over the 24 hrs effect on BP.

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests