Reviewer’s report

Title: The effects of plant stanol ester consumption on arterial stiffness and endothelial function in adults. A randomised controlled clinical trial.

Version: 1 Date: 5 May 2013

Reviewer: Suhad S. AbuMweis

Reviewer’s report:

Major:

Introduction: Please acknowledge the fact that the studied outcomes are also surrogate indicators for cardiovascular diseases and comment on whether they are valid surrogate indicators or not.

Method:
- Please add information about the time and frequency of consumption of plant stanol products
- Please provide more details about the method of randomization and who was blinded and how
- How did you measure the level of physical activity?
- The sample size should be calculated based on the primary outcome of interest which is here not LDL.
- Do a subgroup analysis for the cardio-ankle vascular index in large and as augmentation index in peripheral arteries, and endothelial function as reactive hyperemia index by responding or not to plant stanol therapy based on changes in LDL.

Discussion:
- Comment on the clinical significance of the observed reduction in CAVI.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

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

Declaration of competing interests:

I have no conflict of interest