Reviewer's report

Title: Effect of garlic on blood pressure: A systematic review and meta-analysis

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Reviewer: Peter Sandercock

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The included trials are all tiny, include a total of just 500 patients, with short duration follow-up, several have substantial loss to follow-up, and none are adequately powered to detect effects of BP reduction in major vascular events. The authors should acknowledge this in the results and discussion sections.

The authors still overstate the strength of evidence provided. In other words, their conclusion suggests that garlic could be used for the long-term treatment of hypertension (by implication in preference to interventions which have been tested in several thousands or tens of thousands of patients, and for which there is robust evidence of protection against serious vascular events).

At best - in my view - these data might be summarised as 'these preliminary data, which are subject to a number of potential biases suggest that larger scale long-term trials of garlic preparations may be justified.'

A weakness of this review that now cannot be dealt with is that the search strategy is very limited.