Reviewer’s report

Title: Safety of phosphatidylserine containing omega-3 fatty acids in non-demented elderly: a double-blind placebo-controlled Trial followed by an open-label extension

Version: 1 Date: 2 March 2011

Reviewer: Laszlo Vecsei

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Review of the manuscript entitled „Safety of phosphatidylserine containing #-3 fatty acids in non-demented elderly: a double-blind placebo-controlled Trial followed by an open-label extension” by Vakhapova et al.,

Phosphatidylserine (PS) with high level of #-3 unsaturated fatty acids may have beneficial effects on cognitive disturbances. The authors evaluate the safety and side-effect profile of a novel source of PS with #-3 unsaturated fatty acid (PS-DHA).

They found that the consumption of PS-DHA is safe, well tolerated without any serious side effects.

The aims of the study are clear, the methods are appropriate to answer the questions.

Major compulsory revisions:

A similar paper was also recently published entitled “Phosphatidylserine Containing omega-3 Fatty Acids May Improve Memory Abilities in Non-Demented Elderly with Memory Complaints: A Double-Blind Placebo-Controlled Trial.” focusing on the cognitive effects of such therapy.

Since the usefulness of PS treating conditions with cognitive impairment is not fully proven the authors should mention their previous/and other results in a more detailed way with also underlining the novelty of the present study compared to the earlier one(s)

Minor essential revisions:

1. The authors should present some pharmacokinetic data about the PS-DHA in the introduction.

2. The authors should also briefly describe the possible mechanism of action of PS-DHA.
3. Were the subjects verified if there was any other medical/pharmacological condition which would modify the effect of PS-DHA (absorption, action)?

Quality of English:
Acceptable

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

**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.