Author's response to reviews

Title: Zingiber officinale R. rhizomes (ginger): effect on pain relief in primary dysmenorrhea

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Author's response to reviews: see over
Dear Iratxe,

Thank you for your e-mail. Please find the following point-by-point clarifications as requested:

1) We would expect the ginger capsules to have a distinctive taste, could you please clarify whether the capsules had a distinctive taste, and if this was the case, acknowledge that a complete blinding of the participants cannot be ensured.

The ginger capsule had a similar taste to placebo. This was acknowledged in the Methods:
Both the ginger and placebo capsules were similar in taste and packed in similar containers containing 24 capsules with a code that was known only to the principal investigator.

2) The study included patients suffering from both moderate to severe dysmenorrhea, we are concerned that the groups may have included patients with very different symptoms, which could confound the results. Could you please provide details on the distribution of women with moderate and severe dysmenorrhea in each group and their baseline characteristics.

The details were added to Table 1.

3) You conclude that the therapy is safe but it seems that the assessment of potential side effects was only done in a very preliminary manner. As a result, we feel that you should acknowledge that a full assessment of the safety of the treatment was not carried out. If reports in the literature show that ginger is a relatively safe herb, please include this information in the Discussion, along with the relevant references, noting that more complete safety assessments have been done in other studies.

The following sentences were added to the Discussion (Limitations section).
In addition a full assessment of the safety of the treatment was not carried out although the literature show that ginger is a relatively safe herb [22].

4) Please include the CONSORT flowchart outlining the process followed by the participants of the study.

The CONSORT flowchart was added as requested.