Reviewer's report

Title: A double-blind, randomized clinical trial of whole-food dietary supplementation on cognitive and immune functioning in healthy older adults

Version: 2 Date: 16 October 2013

Reviewer: Kylie A. O'Brien

Reviewer's report:

The paper is well written and reads well. You have indicated that you asked participants to maintain diet/exercise/medication regimes during the period of the study. Did you monitor this in any way and analyse their diets/exercise regime before and after? Any changes in these could be confounders. If you didn't, and you only have anecdotal evidence that participants didn't alter these factors, I suggest that you state this in the limitations section of the article.

Also wondering if you followed up patient c) who dropped out of the trial with joint pains to see if these went away after they stopped taking the medication? It would be difficult to pin a causal link on joint pains and the study medication, of course, but might be worth reporting (it's up to you).

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare I have no competing interests.