Reviewer's report

Title: Does Glycine max leaves or Garcinia Cambogia promote weight-loss or lower plasma cholesterol in overweight individuals: A randomized control trial

Version: 1 Date: 30 June 2011

Reviewer: Carol DeNysschen

Reviewer's report:

Major compulsory revisions:
1. Background: Lines 33 & 34: Strike this comment or better substantiate. This reference does not adequately support your statement "Garcinia cambogia is a plant species.....reported to promote weight-loss".

2. Background: Line 36- I have reservations about this reference (#15)- it is a vague study with a potential conflict of interest in the funding source.

3. Background: Line 40 - reference studies that "report improved blood lipid profiles in hypercholesterolemia".

4. Background: Lines 46-48- the meta-analysis mentioned points out many flaws of studies reviewed and the effect size of those studies was small (1% change in body weight). The review of results of this meta-analysis do not do support your statement well.

5. Results: starting line 214: Effect of EGML and GCE on plasma toxicity and erythrocyte antioxidant enzyme activity: this is a well stated summary and although it is only a secondary aim of your study you should reflect importance of this issue more in your background section. Readers need to realize the importance of this and why you included it as an aim (just a few sentences would provide insight to the reader).

6. Discussion: Line 329: should mention what other contributors to a lower HDL might have been involved (such as participants may have exercised more knowing they were in a clinical study).

7. Discussion: Line 350: There are quite a few studies that support soy’s antioxidant effect in humans. I suggest deleting the animal reference and including more good human studies as references.

8. Discussion: overall comment- I noticed placebo participants had a lower baseline fiber intake. Comment on this in your discussion.

Minor Essential Revisions:
1. Table 5 was difficult to read with current format structure.
2. Methods: Line 74 and 75 - should write out these measures before you use
abbreviations.

3. Noted that 1 group of the participants had a different number of capsules to take each day - this could provide insight into what group participants were in if they were in touch with each other. Just a comment.

4. Report in the discussion that participants did not keep exercise logs so unable to determine if change in physical activity could have contributed to HDL changes.

**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 that I have no competing interests below.