Reviewer's report

Title: A pilot placebo-controlled, double-blind, and randomized study on the cognition-enhancing and anti-stress benefits of a proprietary chicken meat ingredient in healthy subjects

Version: 1 Date: 3 March 2013

Reviewer: Chaur-Jong Hu

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The investigators conducted a placebo-controlled, double-blinded trial to test the effectiveness of chicken meat ingredient (CMI-168) on the cognitive function of healthy individuals under mental stress. They found CMI-168 could enhance attention and working memory after six-week treatment.

This is a valuable and well-written study for showing nutrition supplement could help cognition in healthy individuals. There are only few concerns before its publication.

Major Compulsory Revisions

1. In the abstract and discussion, the authors claimed CMI-168 contains anti-stress properties, but there are no data supported this. The data show cognitive improvement in individuals under mild stress and the authors emphasized the impacts of stress on cognition. However, there was no evidence showing the effects of CMI-168 on stress status reduction. Therefore, the authors are suggested to focus on the cognitive enhancement instead of anti-stress properties of CMI-168.

2. The interval for testing is short. Therefore, it could raise a concern of learning effects of these tests. There is improvement even in control group with comparison between those tests at week 6 and week 8. The investigators are suggested to discuss this point.

3. The authors are suggested to discuss the clinical significances of findings showed in figure 3 and figure 4.

Quality of written English: Acceptable

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

Declaration of competing interests:

I declare that I have no competing interests' below.