Author's response to reviews

Title: Carbohydrates and exercise performance in non-fasted athletes: A systematic review of studies mimicking real-life

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Version: 5 Date: 9 January 2013

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RESPONSE TO REVIEWER’S REPORT TO RESUBMISSION
Thank you for re-reviewing our manuscript. Our responses are inserted in italics immediately under each comment.

Reviewer's report
Title: Carbohydrates and exercise performance in non-fasted athletes: A systematic review of studies mimicking real-life
Version: 2 Date: 14 November 2012
Reviewer: Ajmol Ali
Reviewer's report:
Thank you for providing clarity on certain aspects and for making amendments to the manuscript;
the paper has been strengthened as a result.

Minor comments
Line 181 - I think you need to state that these are endurance runners; not all sports require international athletes to have such high VO2 max scores.
Yes, definitely. Corrected in Line 182.

I agree with the other reviewer’s comments that there is a bias towards examining pros and cons of systematic reviews within the discussion rather than why or why not carbohydrate ingestion may help athletes. However, this may not have been your original intention and so you may need a sentence to clarify this.
OK, included.

Line 83: However, it was not the focus of this review to discuss why carbohydrate ingestion in
the proximity of a performance bout may or may not help athletes
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'