Reviewer's report

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

**Version:** 1  **Date:** 5 July 2012

**Reviewer:** Kevin Currell

**Reviewer's report:**

Dear authors,

Thank you for the opportunity to review your manuscript. I enjoyed reading the review, and nice to see an attempt at reviewing studies which mimic real life situations.

Please find below my comments:

**Major Comulsory Revisions:**

1 - I feel the discussion needs some further re wording. At present the discussion reads like a list of pro's and con's of doing a systematic review. It would be nice to have a further in depth discussion as to why carbohydrate may have limited performance effects in a fed state, limitations to the body of literature used and finally what some future directions for the area of carbohydrate intake and exercise performance.

**Minor essential Revisions:**

2 - Table 1. It would be nice if it was clearer why some of the table is coloured blue. It is not obvious.

**Discretionary Revisions:**

3 - on line 207 you suggested the review was limited to only one search database. Why were others not included?

4 - Could you add comment on the power of some of the studies included in the review. If the performance effect of carbohydrate in a fed state is small, but potentially worthwhile to athletes is the reason for non significance in some studies due to the power of the study?

**Level of interest:** An article whose findings are important to those with closely related research interests

**Quality of written English:** Acceptable

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