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.

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.

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'