Author's response to reviews

Title: Fermented milk improves glucose metabolism in exercise-induced muscle damage in young healthy men

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Version: 5 Date: 23 May 2013

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<Response to Reviewers>
Reviewer: Thomas Love

Reviewer's report:

Diet
I thank the authors for their response. For clarity, the initial comment was directed at the time period between muscle damaging exercise and the OGTT the following day rather than the dietary standardisation preceding the trial. Perhaps the authors would consider acknowledging that a lack of control in this time period hampers their conclusion that the dietary supplement is responsible for the observed effect especially considering the potential for dietary intake (that was not determined) to influence the metabolic data obtained during the OGTT and expiratory gas collection.

Thank you for kindly opinion. We agree with the reviewer’s suggestion that metabolic and damaging parameters should be measured in time-course manner. In such case, meal contents of each day must be adjusted among trials to measure those parameters accuracy. We here performed the measurement only on the following day of exercise and considered the time-course study as limitation in consideration of excess burden of subjects.

Conclusion
I thank the authors for their response. However, in the discussion (line 4) the
statement “the muscle damage and metabolic changes were mitigated by the consumption of ...” still remains. In the reviewers opinion, this should be changed to muscle soreness, as previously requested for the conclusion to avoid confusion. This comment is also applicable to the abstract. Thank you for concrete suggestion. The description “muscle damage” has been revised to “muscle soreness” in both Discussion and Abstract.

Impaired Glucose Metabolism

I thank the authors for their response - Perhaps the authors would consider citing other studies that report changes in RER after exercise-induced muscle damage to further corroborate the current findings and substantiate the conclusions which are based on this measure.

Thank you for kindly opinion. In this study, we substituted by citing previous animal and human studies instead of examination of muscle tissue because of ethical consideration.