Reviewer's report

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

Version: 4 Date: 27 April 2013

Reviewer: Thomas Love

Reviewer's report:

Reviewers Comments

Study Design
I thank the authors for their response

Examination Beverage
I thank the authors for their response

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.

Urine Collection
I thank the authors for their response

VAS
I thank the authors for their response

Statistical Analysis
I thank the authors for their response

Discussion
I thank the authors for their response

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.
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

Athletes
I thank the authors for their response.

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