Reviewer's report

Title: L-carnitine ameliorated fasting-induced fatigue, hunger, and metabolic abnormalities in patients with metabolic syndrome: a randomized controlled study

Version: 1 Date: 2 July 2014

Reviewer: Judit Bene

Reviewer's report:

Review

In this paper Zhang and colleagues investigated the effect of intravenous L-carnitine supplementation on fasting induced fatigue, hunger and metabolic abnormalities in patients with metabolic syndrome.

Comments

Some minor changes:

The structure of the abstract does not comply with the journal’s instructions for authors.

The authors mentioned in the Abstract that “aspartate aminotransferase (AST) did not change significantly in the LC group after prolonged fasting” but data in Table 3 showed that this is true for ALT.

Reference 11 and 12 are not relevant in the introduction section.

There are several references doubled in the reference list (e.g. 12,18; 21,22; 30,31; 14,31)

To mention the calculation formula of BMI in the “Clinical Evaluation” section is not necessary.

In Table 2 “minus” signal is missing from WC changes data.

The results of lipid parameters are in Table 4, but it is mentioned in the “Change in lipid profiles” part Table 3.

The authors mentioned in the “Results” part that #-GGT concentration decreased significantly in both group, but the decrease in the CT group does not reach the significant level.

Manuscript contains some typing errors also.

The aforementioned comments do not diminish the value of the manuscript, so after revision I recommend it for publication.