Author's response to reviews

Title: Dietary supplementation with rice bran fermented with Lentinus edodes increases interferon-gamma activity without causing adverse effects: a randomized, double-blind, placebo-controlled, parallel-group study

Authors:

Ji-young Choi (cci55@nate.com)
Doo-Jin Paik (paikdj@hanyang.ac.kr)
Dae Young Kwon (dykwon@kfri.re.kr)
Yongsoo Park (Yongsoo@hanyang.ac.kr)

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Author's response to reviews: see over
Dear Editor-in-chief,

We submit the revised manuscript, “MS: 4866959281186486 - Supplementation of rice bran fermented with *Lentinus edodes* increases interferon-γ activities without causing adverse effects: a randomized, double-blind, placebo-controlled, parallel-group study” for publication in Nutrition Journal. We also included the response for reviewer’s comments.

Sincerely,

Yongsun Park
Department of Food and Nutrition, Hanyang University
222 Wangsimni-ro, Seondong-gu, Seoul, 133-791, South Korea
E-mail: Yongsun@hanyang.ac.kr
Tel: +82-02-2220-1205; Fax: +82-02-2220-1856
Reviewer: Carmen Gianfrani

Thank you for your comments.

1. The abstract is too concise, it would be better to indicate that cytokines were analyzed in serum, and that NK function was assessed with specific kits detecting cytolysis.

→ Thank your for your comments. We stated the methods regarding NK and cytokines in abstract.

2. It should be indicated in the abstract that healthy volunteers are fed with RBEP, a biopolymer extracted from rice bran cultured with Lentinus edodes. It is not clear.

→ Thank you for your comments. We stated that 80 healthy volunteers were taking either rice bran fermented with Lentinus edodes (rice bran exo-biopolymer, RBEP) or placebo in abstract.

3. The beneficial effects of RBEP is over-emphasized in the discussion. The increase of IFN-production, though an interesting finding, is not enough to give so much relevance to RBEP as functional foods. I would suggest to delete the last sentence.

→ We agree with your opinion. The last sentence was deleted.
Reviewer: Uki Yamashita

Thank you for your comments.

1. Did you study the surface markers of PBMCs, proliferative responses and serum Ig level?
   → We are sorry not to measure those. Since the total amount of blood taken was limited, we only concentrated on the tests that previous animal study showed the significant effects after consumption of RBEP.

2. Table 2, please add the height and body weight.
   → Thank you for your comments. We included the height and weight in Table 2.

3. Table 2, please explain the details of family history, medical history, employed, smoking, drinking and exercise.
   → Thank you for your comments. We revised the result section as follow. “The two groups also did not exhibit any significant differences with respect to age, WBC count, level of thyroid-stimulating hormone, sex, BMI, presence of family history related with immune disorders, number of married or unemployed participants, or number of current smokers or current drinker (Table 2). Thirteen participants in RBEP group and eleven in placebo group exercised regularly, more than 3 times per week with 30 min or more. In addition, two participants had musculoskeletal disorder, one participant had reproductive system disorder, and two participants had respiratory disorders within 6 months before the study. However, none of the disorders were severe and no one had current health problems.

4. If you make subgroups such as male alone, female alone, smoking alone, nonsmoking alone, drinking alone, non-drinking alone, exercise alone, non-exercise alone, employed alone, non-employed alone, can you find any significant difference in each groups?
   → Thank you for your comments. We were unable to find difference due to the statistical power. In addition, we do not expect to find the difference because there were no differences in gender, smoking, drinking, exercise and education between groups.