Reviewer's report

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

Version: 2
Date: 11 February 2014
Reviewer: Carmen Gianfrani

Reviewer's report:

This study by Choi et al has investigated the effect on immune function in healthy donors administered with rice bran exo-biopolymer (RBEP) extracted from rice bran cultured with Lentinus edodes.

The Authors found that the RBEP supplementation has no side effects on health and increase the production of interferon-#, but has no effect on function of Natural killer cells, as previously reported.

This study is well done, has enrolled a sufficient number of patients, and has looked at a consistent number of immune markers, including several cytokines and NK cell function.

I have also a minor criticisms:

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

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

No conflicts of interest, no declaration