Reviewer's report

Title: Effect of fenugreek seed intake on glycemia: a meta-analysis of clinical trials

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Reviewer: matam Vija-kumar

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The review by Neelakantan et al ‘Effect of fenugreek seed intake on glycemia: A meta-analysis of clinical trials’ is a well written, timely and systematically compiled. The authors have done fair job in describing beneficial effects of different forms of fenugreek on blood glucose, Hb1Ac and insulin levels. Further they explained the side effects, advantages and limitations of their study and well supported by literature collected. The authors concluded that fenugreek intake exert anti-diabetic activity in diabetic (type I & II) subjects but modest or no effect on healthy controls.

1. In the title remove 'seed' and include fenugreek botanical (scientific) name
2. In the introduction, please include few sentences with references on active component(s) responsible for observed hypoglycemic activities of fenugreek.

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

None