Reviewer’s report

Title: Effect of yogurt containing polydextrose, Lactobacillus acidophilus NCFM and Bifidobacterium lactis HN019: a randomized, double-blind, controlled study in chronic constipation

Version: 2 Date: 1 May 2014

Reviewer: Umberto Morelli

Reviewer’s report:

This is an interesting paper about a nutritional approach to a common health problem that is constipation.

The subject is well defined, as the design of the research is quite plain and simple, as well as the whole paper. Without any doubts the paper is original, although the subject was already studied in previous papers (see Roberts LM 2013, Min YW etc), with different approach.

The paper is well written, with proper English, data are collected in a correct manner and displayed clearly.

There are some minor flaws that can be corrected and improve the already good quality of the text:

1. Please define better why you use those particular bacterial strain: it is not explained in text, although you mentioned also other strains and cited the respective references in literature.

2. The use of Agachan Score: I understand the use of quantitative score to resume the constipation data, but Agachan score has an important limitation that is the quality of stools, that is not included in the calculation of the score. If you have data about the improving of stool’s quality, it will be useful.

3. Discussion can be improved; it will be good to discuss more about the use of dextrose alone as probiotic (cited) and the use of this substance and the various strains of bacteria associated.

The overall quality of the paper is more than good, and it should be considered for publications after those minor changes are made by the authors.

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