Reviewer's report

Title: Is Plasma Vitamin C an appropriate Biomarker of Vitamin C Intake? A Systematic Review and Meta-analysis

Version: 1 Date: 6 August 2007

Reviewer: Katrina Giskes

Reviewer's report:

General

This is a clearly structured manuscript, addressing an important research question. Another factor that the authors have not mentioned that may also account for the low-moderate correlation between dietary-assessed vitamin C and plasma vitamin C is absorption. Vitamin C may bind with other nutrient or non-nutrient components of the diet, and therefore be absorbed less: these foods are often not consumed in isolation, and there is individual variation in their absorption.

Additionally, one must also take into account that (even with ‘gold standard’ dietary intake methodologies) there is significant respondent burden in being able to accurately describe what one has eaten, its preparation method and the quantity consumed. Respondents have to be numerically and verbally articulate (to quite a high level) to get good estimates of their intakes. In population-based studies not all participants have these competencies.

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Major Compulsory Revisions (that the author must respond to before a decision on publication can be reached)

The English grammar in the manuscript needs to be corrected in several places.

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Minor Essential Revisions (such as missing labels on figures, or the wrong use of a term, which the author can be trusted to correct)

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Discretionary Revisions (which the author can choose to ignore)

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What next?: Accept after minor essential revisions

Level of interest: An article of importance in its field

Quality of written English: Needs some language corrections before being published
Statistical review: No, the manuscript does not need to be seen by a statistician.