Author’s response to reviews

Title: Carbohydrate mouth rinse: does it improve endurance exercise performance?

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Author’s response to reviews: see over
Cover Letter

Dear Editor,

We gladly acknowledge the compliments and the insightful comments from the reviewers. Please see below our point-by-point answers and comments. As we considered all comments helpful, all of them were addressed in the manuscript. Below each comment, we inserted an answer to the reviewer and the modifications are also highlighted in the manuscript. We also inserted the topics Acknowledgements, Competing Interests, and Authors' contributions. Again, we believe the manuscript has substantially increased in quality and we hope to meet your acceptance.

Sincerely,

The authors.

Reviewer: Wim Derave

Reviewer's report:

Bottom of 3rd text page: Rollo et al. and Pottier et al. used a sweet drink with simple sugars and sweetened placebo (to mask the sweet CHO taste)... The 'to mask the CHO tast' should be inserted after 'placebo' instead of after 'sweet drink'. We followed the reviewer's suggestion, and this correction has been arranged.

First sentence after 'insert table 1':
'Conversely' suggest that this paragraph is opposite to the last part of the previous paragraph, whereas the end of the previous paragraph is about something completely different (tast receptor knockouts). Resume the discussion here with: 'Although several studies have reported an improved exercise performance with mouth rinse...'
As suggested by the reviewer, we modified the paragraph and this correction has been arranged.