Reviewer’s report

Title: Efficacy of Lactic Acid Bacteria (LAB) supplement in management of constipation among nursing home residents

Version: 1 Date: 2 July 2009

Reviewer: Richard Nahas

Reviewer’s report:

Major Compulsory Revisions:

1. If available, the authors should report baseline characteristics of their population, specifically mentioning factors that contribute to constipation (opioid use, type 2 diabetes, etc).

2. It would be more appropriate for the authors to state numerical improvements in stool frequency and consistency in the abstract.

3. The authors should more clearly state the impact of enzymes measured - i.e. explaining why each one is harmful with supporting references.

4. If available, the authors should report levels of all enzymes measured before and after treatment. A table with numerical data would be preferable. Many have suggested that probiotics improve glucuronidase with potential benefit for estrogen metabolites and breast cancer risk. This is an important negative finding.

Minor Essential Revisions:

1. Many grammatical errors are present (too numerous to mention).

2. The background of the abstract is too long; it can be made more concise.

Discretionary Revisions:

1. The authors should state why they chose Lactobacillus. Experts report anecdotally that these bacteria may cause constipation in some patients.

Level of interest: An article of importance in its field

Quality of written English: Needs some language corrections before being published

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

Declaration of competing interests:
I declare that I have no competing interests