Author's response to reviews

Title: Post-Exercise Protein Trial: Interactions between Diet and Exercise (PEPTIDE): study protocol for randomised controlled trial

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Author's response to reviews: see over
We appreciate the time and comments provided by reviewers throughout this review process. Below are point-by-point responses to the current stage of this review, which is also accompanied by an updated manuscript based on the recent comments.

**Reviewer 3**

1. My old 3. The authors refer to l(ine) 603 which is not where it is. It is indeed l 600 and I had hoped it was located in their revised manuscript next to the registration on l 59. It is fine to have it in both locations. My preference is to have it on l 59 as well.

   *With thanks to the reviewer, this has also been added in l 59. We apologise for any inadvertent errors in line numbering due to the amendments/additions made in response the reviewers’ comments.*

2. On l 251, add [ years] after [48] before the [.]. I missed this previously.

   *As suggested this has now been included.*

3. On l 60 5, [PMR] from l 491 should be added to the abbreviations. I missed this one previously.

   *The Abbreviation PCR has now been included in the [Abbreviations] section.*

4. My old 40. The authors state that they changed [ G] to [Group]; yet it is on l 817 and still there as {.}. It should be replaced by [Group].

   *Reference 54 has now been amended.*

5. In Table 1, no line numbers, but between l 856 and 857, the entries for Lactose and Fat should have a space between the inequality and the number. This was not noted previously."

   *This has now been updated as per the reviewer’s comment.*