Reviewer's report

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

Version: 2 Date: 4 August 2014

Reviewer: Barbara Wizner

Reviewer's report:

The study protocol is well described, taking into account the study rationales, objectives and methods.

I have only few minor comments and suggestions in regards to:

1. Experimental design.
   a. I would recommend the author to present the exact information /content/ on nutritional supplements composition used in study phase I and II in the table, similarly to your previous publication [reference 47].
   b. Please clarify or supplement the manuscript, whether the mix of nutritional after exercise used in Phase II, also complements the electrolytes or micronutrients?

   The first morning urine sample or urine sample before exercises will be collected during both baseline and follow-up period?

3. Muscle biopsy sampling.
   I guess the biopsy will be performed under local anesthesia – please specify or cite your earlier publication [47], which accurately describes the technique of muscle biopsy.

4. Standardisation of lifestyle.
   Please provide more details on dietary and exercise activity record and analysis during the 48 hours preceding the baseline and follow-up tests.
   The 48 hours or 3-day records will be assessed?

Discretionary revision

Study objectives and Approach to research question.
Describing the two study objectives, please refer rather to the phase of the study (I and II) instead of the numbering format of the style: i, ii.

**Level of interest:** An article whose findings are important to those with closely related research interests

**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.