Reviewer's report

Title: Patterns of weight loss and supplement consumption of wrestlers in Tehran

Version: 1 Date: 30 June 2010

Reviewer number: 1

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Major Compulsory Revisions

1. Report wrestlers as one group, i.e. consider reporting NT and GP together or just report GP and delete NT
2. How come you did not include the adult national team members?
3. Define rapid weight loss and gradual weight loss methods. State clearly which category the methods in your questionnaire belong to.
4. In page 7, under General population (line 14-18), how did you come up with 45%?
5. P13, which side effect is most prevalent, are the side effects related to rapid weight loss? Please present the side effects in relation to the weight loss method.
6. p 14, vitamin, supplement intake of NT group is not less than US, as shown in table 6
7. p 14, line 14, are you referring to any weight loss method or rapid weight loss or gradual weight loss?
8. p 14, line 18, define unhealthy weight loss behaviors
9. Please rewrite the last paragraph in p 15. I have a feeling that a few people wrote this report because the style and quality of writing is very different.

Minor Essential Revisions

1. Add “male” to the title, i.e. Patterns of weight loss and supplement consumption of male wrestlers in Tehran
2. In the abstract, line, second line under Results, pls present NT wrestler data also in %.
3. In p.6, under body fat measurement, please use the correct term: skinfold thickness not skin fat thickness.
4. Who and how many technicians performed the skinfold measurements?
5. Please state % body fat as one the physical characteristics under Results GP. Do not put it at the end in a separate heading.

The author can be trusted to make these. For example, missing labels on figures, the wrong use of a term, spelling mistakes.

6. P.8, line 5, the paragraph does not relate to Table 2.
7. p 12, line 15, group all drugs together and then subcategorize them into laxative, diuretics and others. Please specify what others are? Any banned substance? How about NT group?

8. Table 6 delete “this study” in the table. Actually do these supplements pertain to weight loss? Do they take any supplements for weight loss?

9. Table 7, how about NT group? What kind of supplements do they take?

10. Discretionary Revisions

1. p8, last line, please specify 4% of others, who are they?
2. p9, line 5, should be weight loss, not weight loosing
3. p9 line9 and 11, should be “fluid restriction” not fluid reduction. Are those listed all of the weight loss methods employed by the wrestlers?
4. figure 1, please change one of the lines to dotted line
5. table 1, replace “below the age categories” with “<14
6. Table 1, how about NT?
7. Table 3, the title is not finished? End with “and”? 
8. Table 3, please present all the dietary methods together, fluid restriction methods together, i.e. group them more clearly
9. Table 4, should be in-coordination, not uncoordination

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

**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.