Author’s response to reviews

Title: A Randomised Controlled Intervention Study Investigating the Efficacy of Carotenoid-rich Fruits and Vegetables and Extra-Virgin Olive Oil on Attenuating Sarcopenic Symptomology in Overweight and Obese Older Adults During Energy Intake Restriction: Protocol Paper.

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Author’s response to reviews:

Dear Dr Tovah Honor Aronin

Re: Manuscript: A Randomised Controlled Intervention Study Investigating the Efficacy of Carotenoid-rich Fruits and Vegetables and Extra-Virgin Olive Oil on Attenuating Sarcopenic Symptomology in Overweight and Obese Older Adults During Energy Intake Restriction: Protocol Paper." (BGTC-D-17-00077)

Thank you for your correspondence dated 10th November, 2017 re: provisional acceptance of the manuscript titled above pending essential minor revisions suggested by yourself and the reviewers. The authors and I have gone through the reviewer reports in great detail and we were delighted with the positive comments and useful suggestions by the reviewers. These were most welcome and the authors and I grateful for the opportunity to respond to these comments and improve the status of our manuscript.

The following pages outline a point-by-point response to each of the points and/or questions raised by the editor/reviewers. All changes to the revised manuscript have been made using track changes in word, marked in red and underlined. As requested, a completed SPIRIT checklist has also been submitted as an additional file with the revised manuscript.

Given the significant delays in the peer review process, the authors and I would greatly appreciate if the review process of the revised manuscript is completed as efficiently as possible. The authors and I are looking forward to seeing our protocol paper published in BMC Geriatrics and we are looking forward to hearing back from you at your earliest convenience.

Yours sincerely (on behalf of all authors)