Reviewer’s report

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.

Version: 1 Date: 07 Dec 2017

Reviewer: Alison Yaxley

Reviewer's report:

I would like to thank the authors for their attention to the comments raised during review. I am satisfied with the changes and have no further comment to make.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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