Reviewer’s report

Title: Does a restricted energy low glycemic index diet have a different effect on overweight women with or without polycystic ovary syndrome?

Version: 0 Date: 29 Jul 2019

Reviewer: Antonino Dipino

Reviewer's report:

For the authors:

1) In the Introduction section.
The authors described that the energy restricted low glycemic index (LGI) diet has led to greater improvement in insulin resistance and glucose metabolism. However, I think that it may be helpful to showed tha role of high glucose levels in metabolic patients. Please consider these references (PMID: 28958695, PMID: 27959274) and comment these in the Introduction.

2) In the Discussion section. The authors excluded patients on insulin-sensitizing agents, contraceptive drugs, special diets or exercise for weight loss, antihypertensive, antipsychotic or on hormonal drugs; however, concerning the lipid abonromalities of PCOS, the authors didn't describe the lipid profile of these patients and if the patients were on lipid lowering therapies. Please consider these references (PMID: 29260404, PMID: 29258367, PMID: 30044162) and comment these in the Discussion.

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:

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