Author’s response to reviews

Title: Anti-obesity Effects of Yerba Mate (Ilex Paraguariensis): A randomized, double-blind, placebo-controlled clinical trial

Authors:

Sun-Young Kim (sykim@jbctc.org)
Mi-Ra Oh (mroh@jbctc.org)
Min-Gul Kim (mgkim@jbctc.org)
Han-Jeoung Chae (hjchae@jbnu.ac.kr)
Soo-Wan Chae (soowan@jbnu.ac.kr)

Version: 5 Date: 14 August 2015

Author’s response to reviews: see over
Cover letter

August 14, 2015
Editor;
BMC Complementary and Alternative Medicine

Dear Editor;

MS: 4816177331603200
Title: Anti-obesity Effects of Yerba Mate (*Ilex Paraguariensis*): A randomized, double-blind, placebo-controlled clinical trial

Thanks for your kindness and patience.

The authors would like to thank reviewer and editors for careful review of our manuscript and providing us with their comments and suggestion to improve the quality of the manuscript. The following responses have been prepared to address all of the reviewer’s comments.

Reply to the evaluation by referees

Reviewer: Xiao Su

1. It is clear now that this study finished with 25 participants only with 13 in the treatment group and 12 in placebo group. It is a small sample size for this kind or study.
   Answer: Revised (Page 15, line 373-376).

Plus the study was not controlled for smoking, and this could affect the outcomes of the trial.
   Answer: Revised (Page 15, line 366-368). According to the result of placebo group excluding two smokers, there was no difference between including smokers and
excluding smokers in primary endpoints: that is, visceral fat ($P=0.203$), subcutaneous fat ($P=0.661$) and visceral subcutaneous ratio ($P=0.166$). Also there was no difference secondary endpoints and safety.
Reply to the evaluation by referees

Reviewer: Kehua Zhou

1. One additional minor recommendation would be to add details regarding safety analyses. Specifically, I would like to recommend the following: Results of patients’ complete blood cell count, liver and kidney function tests, and vital signs were within normal ranges for both the Yerba Mate and placebo groups throughout the study.

Answer: Revised (Page 14, line 292-294).

We appreciate the comments from the reviewer. Thank you for reviewing our manuscript.

Sincerely,

Sun-Young Kim
TEL +82-63-259-3262, FAX +82-63-259-3483
E-mail address: sykim@jbctc.org
Department of Medical Nutrition Therapy, Chonbuk National University; Clinical Trial Center, Chonbuk National University Hospital, Jeonju, Republic of Korea