Reviewer’s report

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

Version: 5
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Reviewer: Kehua Zhou

Reviewer’s report:

In general, I believe the article is a well-designed interesting article. The language in the manuscript is acceptable, but some refinement may improve its readability.

Some examples are as the following:

Abstract
1. "in reduction body weight and fat" should be "in reducing body weight and fat"
2. "... per meal third per day on before breakfast... ", I could not understand the sentence

Methods
1. Line 123 " and not consume other functional foods... " should be "but not other functional foods..."
2. Line 125 - 127 " Every 6 weeks the evaluated 126 anthropometric measurements, lipid profile, vital signs and nutrient intake, adverse events, lifestyle and to evaluated capsule compliance " is not a full sentence, please modify.

Subjects
1. Line 137 " and were " should be "were"

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

None exists