Reviewer's report

Title: Effects of Greenselect Phytosome® on weight maintenance after weight loss in obese women: a randomized placebo-controlled study

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Reviewer: Gerard Mullin

Reviewer's report:

The authors investigated the ability of a specialized preparation of decaffeinated green-tea extract in a soy phospholipid matrix, containing piperine supplement (GSP) providing enhanced bioavailability for its ability to sustain weight loss by obese women in a randomized placebo-controlled trial. The investigators enrolled 40 females who underwent a 3-month calorie-reducing diet along with lifestyle interventions for the initial phase of the study-induction of weight loss. The demographics shown in table 1 depict differences in a number of body-weight related parameters showing the differences before and after the diet and lifestyle intervention between the 2 groups of study subjects. The statistics display the comparison before the before (V -3) and after (V0) but fails to mention in the figure legend of table 1 that there 2 groups at V0 were compared and only in the text mentions that the groups were not different prior to randomization. Monthly evaluations were conducted V1, V2, V3 for each group using the same evaluation tools. Figure 3 shows changes in body weight and fat mass respectively for the 2 interventions. Overall, the figure legends for all figures and tables are in need of expansion by providing more details about the comparisons made and visually placing a legend in the figure showing what the solid bars and dotted lines represent. I also have some concerns about the data in figure 3. The weights appear to be different at V -3 for both groups at onset but no mention of a statistical comparison between these 2 groups at baseline are mentioned with the GSP appearing to be higher than the placebo (P). Furthermore, V3 for GSP is shown to be significantly different than V3 which is confusing. Also at V6 or 6 months after onset of the trial and 3 months off randomized intervention the trajectory of rebound weight gain appears to be significantly greater than placebo-but not compared. The fat mass data appears to be more on line with the author's hypothesis, as body fat mass decreases with GSP supplementation without having a rebound effect at V6. Interestingly, the placebo appears to be associated with decreased fat mass at V1 and V6, however analysis was not mentioned. The figure legend of this figure needs more expansion and detail. Figure 4 is displayed more clearly as well as its figure legend. The discussion is appropriate in content and length.

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 recommend additional statistical review

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