Reviewer’s report

Title: A yeast fermentate improves gastrointestinal discomfort and constipation by modulation of the gut microbiome: results from a randomized double-blind placebo-controlled pilot trial.

Version: 0 Date: 22 Jun 2017

Reviewer: Gordon Howarth

Reviewer's report:

This is a well-conducted study of a yeast fermentate in alleviation of GI discomfort and constipation. The authors suggest that the beneficial effects are a result of normalisation of the gut microbiota. Cause and effect are difficult to dissect out in microbiota studies. Some discussion of alternative explanations should be included. p-values (or similar) should be included in the abstract to give some indication of magnitude of effect. There are some minor grammar issues (eg misspellings such as 'enrol'). The Discussion is a little laboured and verbose but overall the critique of the work is described well. Figures need work as they are very blurred.

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
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Acceptable
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