Reviewer's report

Title: Effects of dietary supplementation with a standardized aqueous extract of Terminalia chebula fruit (AyuFlex®) on joint mobility, comfort, and functional capacity in healthy overweight subjects: a randomized placebo-controlled clinical trial

Version: 1 Date: 04 Aug 2017

Reviewer: Gity Sotoudeh langroudi

Reviewer's report:

The authors improved the manuscript. However, still some minor revisions are needed.

- If the authors did not collected the data on intake of multivitamin in study subjects, at least it should be discussed and mentioned in the limitations of the study.
- The name of company which provided the placebo should be mentioned.
- The authors have included references methods for measuring inflammation biomarkers. However, they mentioned that they renumbered references after adding new references #26 and #27 on Page 17. These references are not on this page.
- There is still some inconsistency in inclusion and exclusion criteria including:

"Knee Pain or discomfort at rest" is mentioned in exclusion criteria and again it is mentioned in inclusion criteria as "No knee joint discomfort at rest". The same is for "Smoking or tobacco use" in exclusion criteria and "Non-smoker" in inclusion criteria.

In addition, some criteria have been repeated for two times such as: "Subjects with a history of knee or hip joint replacement surgery, or any hip or back pain which interferes with walking or exercise testing utilized throughout the study" and "Smoking or tobacco use" etc.

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

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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