**Author’s response to reviews**

**Title:** Acute effect of Clitoria ternatea flower beverage on glycemic response and antioxidant capacity in healthy subjects: A randomized crossover trial

**Authors:**

Charoonsri Chusak (charoonsri.c@gmail.com)

Thavaree Thilavech (t.thavaree@gmail.com)

Christiani HENRY (jeya_henry@sics.a-star.edu.sg)

sirichai adisakwattana (sirichai.a@chula.ac.th)

**Version:** 2 Date: 26 Nov 2017

**Author’s response to reviews:**

Dear Editor

Thank you for your comment. We answered your suggestion in manuscript following below:

1. Please provide more information about the quality control of Clitoria Ternatea Flower. How to make sure all participants can get same quality of intervention? How this study could be repeated in the same quality level in terms of quality of Clitoria Ternatea Flower?

Re: We added the sentence “The beverage quality controls during the preparation process was done by quantitative measurement of total polyphenols and anthocyanins following the methods mentioned previously.” In the method section, line 155-156, page 8.

We kept the extract in the vacuum bag to protect the light and air. This can control the amount of polyphenol in extract. We also determined the concentration of polyphenols in Clitoria ternatea beverage by using the Folin ciocalteu reagent and anthocyanin assay in order to confirm a consistent quality of beverage every preparation.

We prepared the extraction of Clitoria ternatea only one batch and provided the amount of polyphenol and anthocyanin in case of future beverage manufacture or other researches. This concentration can be guideline of the terms of quality of Clitoria Ternatea Flower.

2. Please provide the rationale of 1 week wash out period.

Re: We added the sentence regarding the rationale of using the period of wash out in the Method, line 135-136, page 7. We can not use the guideline of clinical trials for examples the wash out period should be at least 5 times of half life of the drug. However, this is the extract containing several types of phytochemical compounds. Therefore, the wash out period of this study
considered as the duration of intervention (acute and single intervention) and we also followed our pervious study using the same method. One week wash put period is enough for avoid of carry over effect of Clitoria ternatea.