Reviewer’s report

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

Version: 0 Date: 31 Aug 2017

Reviewer: Slavko Komarnytsky

Reviewer’s report:

The manuscript advances understand of antihyperglycemic activity of Clitoria ternatea aqueous flower extract in healthy humans.

Major concerns:

It is not clear why change rather than actual measured values is presented in all figures. This should be corrected before the manuscript can be published.

The described flower extract contains 50 mg/g phenols (5%) and 1 mg/g anthocyanins (0.1%) of extract dry weight. It is not clear what phytochemicals are present in the remaining 95% of the extract, and therefore the observed glucose lowering activity cannot be attributed to phenols or anthocyanins without additional experimental evidence. These numbers should be added in the discussion section (lines 290-300) to aid with understanding of phenolic contribution to the observed effect.

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 statistic

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

Acceptable

**Declaration of competing interests**
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interests

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license ([http://creativecommons.org/licenses/by/4.0/](http://creativecommons.org/licenses/by/4.0/)). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal