Reviewer’s report

Title: Potential benefits of oral administration of Amorphophallus konjac glycosylceramides on skin health - A randomized clinical study

Version: 3 Date: 23 Dec 2018

Reviewer: Bart De Spiegeleer

Reviewer's report:

This is a nice study, which adds to the already available studies. I have some comments, which should best be addressed before the manuscript is suitable for publication:

1) in the introduction the pharmacokinetics (ADME) should be more correctly worked out, esp the metabolisation while being distributed (as currently presented, it sounds as the glycercylceramides are reaching the skin, which is most probably not the case).

2) Do avoid a trademark in the abstract and manuscript (except in experimental section, where it should be given; but only there). Also, Table 1 should be adapted accordingly (2xSkinCera??).

3) It should be thoroughly discussed why a single-blinded study instead of double-blinded was chosen: this is a critical issue that must be at least discussed towards its conclusions.

4) Also critical: not only the glycreamides profiling, but also other components should be characterised. In Suppl Inf: give chromatography and MS conditions, together with their refs if appropriate.

5) Sample size should be given more information: effect size (clinically significant)? variability? Formula used (or reference)?

6) The scoring scales should best be justified and discussed (limited range of scores?). Also why not included also objective measurements: this (weakness) should be at least discussed (as I understand you cannot redo the trial).
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
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/). 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