Reviewer’s report

Title: Effect of whey protein supplementation on levels of endocannabinoids and some of metabolic risk factors in obese women on a weight-loss diet: A study protocol for a randomized controlled trial

Version: 1 Date: 17 Jul 2017

Reviewer: Thiago Bruder-Nascimento

Reviewer's report:

The authors aimed to create a study protocol showing the effects of whey protein on endocannabinoids plasma levels in obese women. The study protocol has some impact to those with closely related research interests.

- It is well known that high protein levels consumption can overload some tissues such as kidney, specially in absence of physical exercise. Authors should discuss the "negative impacts" of whey protein on cardiorenal system.

- We know that researches usually are followed by problems and pitfalls, in this case what would the possible pitfalls be in the present research? How about their solutions to solve them?

- Please review the text. Some points the reader cannot interpret it well. "Epidemiological studies indicate that the consumption of milk and dairy products is inversely associated with a lower risk of metabolic disorders and cardiovascular diseases" what did the authors mean with this sentence? Is milk bad or good for metabolic and cardiovascular dysfunctions?

Level of interest
Please indicate how interesting you found the manuscript:

An article whose findings are important to those with closely related research interests

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

Needs some language corrections before being published

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