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: 06 Sep 2017

Reviewer: Carol Johnston

Reviewer's report:

The proposed research is interesting, and the manuscript is clear and well written.

However, the details on the diet protocol is scarce. What type of diet guide will be provided to participants? It is important to demonstrate participant compliance to the weight loss diet in the first few weeks of the study as there will be a learning curve for participants. Will there be a dietitian available to train participants on the diet? Will any foods be provided to participants to ease participant burden and facilitate diet adherence? What is the macronutrient distribution of the experimental diet? Diet instruction for the experimental diet would need to differ from the control as the protein powder contains 116 kcals.

The use of accelerometers would better indicate physical activity over the 2-months as compared to a pre/post survey.

What is meant by the exclusion criteria: no consumption of powders exceed 10% of total administered powders?

Since the endocannabinoids are arachidonic acid metabolites, is arachidonic acid content of the diet controlled and similar between groups?

How will the Tanita calculate abdominal fat? Perhaps waist circumference should be taken as well.

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:

Acceptable
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