Reviewer’s report

Title: Novel essential amino acid supplements enriched with L-leucine facilitate increased protein and energy intakes in older women: a randomised controlled trial

Version: 0 Date: 30 Oct 2017

Reviewer: Ed Wilson Santos

Reviewer’s report:

This paper suggests supplementation of L-leucine in the form of bar or gel for older women with the aim of improving protein and energy intake, promoting health improvement, immunity and avoiding muscle degradation. In addition, they evaluated appetite regulating hormones, acylated ghrelin, pancreatic polypeptide (PP), and peptidic tyrosine (PYY) to understand the possible mechanism of action.

Although I find it difficult to interpret some figures that are inverted or their symbols are superimposed, I see an adequate and well described structure of the proposed objective. This paper demonstrates clarity in both the discussion and the conclusion, explaining the results adequately and coherently. In addition, the results present promising data for studies related to improvements in the well-being of older women.

I recommend publishing the article with only minor changes:

1. Figure 1 - Figure is in black and white, where are the red arrows?

2. Figure 2 - Legend probably refers to Fig. 3

3. Figure 3 - Legend probably refers to Fig. 4

4. Figure 4 - Legend probably refers to Fig. 2

5. Are the data of Fig. 3 statistically different? It would be interesting to ask if there is statistical difference in any of the times analyzed.

6. If possible, avoid overlapping the symbols in the figures for better understanding.

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

An article of importance in its field

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

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