Author’s response to reviews

Title: Effect of soy lecithin on fatigue and menopausal symptoms in middle-aged women: a randomized, double-blind, placebo-controlled study

Authors:
Asuka Hirose (a-kacrm@tmd.ac.jp)
Masakazu Terauchi (teragyne@tmd.ac.jp)
Yurika Osaka (120122ms@tmd.ac.jp)
Mihoko Akiyoshi (akiyoshi@shonan.bunkyo.ac.jp)
Kiyoko Kato (kiyoko2226@nifty.com)
Naoyuki Miyasaka (n.miyasaka.gyne@tmd.ac.jp)

Version: 2 Date: 18 Dec 2017

Author’s response to reviews:

December 17, 2017

Clare Collins and Sharon Kirkpatrick
Editor-in-Chief
Nutrition Journal

Dear Dr. Collins and Dr. Kirkpatrick:

We wish to submit a revised version of our manuscript “Effect of soy lecithin on fatigue and menopausal symptoms in middle-aged women: a randomized, double-blind, placebo-controlled study” in Nutrition Journal. We truly appreciate the detailed comments and the opportunity to improve our manuscript. We are confident we have addressed all of the reviewers’ concerns/suggestions; we hope the revised manuscript will meet your expectation and that you will consider it suitable for publication. All changes are highlighted in yellow in the text.
Below please find our point-by-point response:

Reviewer reports:

Reviewer #1: the paper is improved and its limits are better acknowledged, and I'm glad to consider it informative enough to warrant publication.

Reviewer #2: Thank you for taking my suggestions into consideration, which to my opinion further improved the manuscript. Nevertheless, I still have a few final suggestions (minor revisions).

- statistics: the different statistical tests are summarized, but it is not described which test was applied for which comparison.

> Thank you for your comments. We modified the sentences in the Statistics paragraph as follows: “The baseline characteristics of the participants who completed the 8-week treatment were compared using one-way analysis of variance, $\chi^2$ test, and Kruskal-Wallis test. Then, the changes from baseline to 8 weeks of treatment in all of the collected data were evaluated using Mann-Whitney test and unpaired t-test.”

-line 249: for completeness: where ATP is synthesized aerobically (add 'aerobically').

> The reviewer’s comment is appreciated. According to the reviewer’s suggestion, we added the word.

-lines 259-263: Although this sentence was revised already, it still is not completely correct (cell membrane and mitochondrial membrane are separate membranes, thus one cannot include the other). Moreover, the sentence does not add value to the discussion and appears to be unnecessary. Advice to leave it out - also don't forget to remove the reference from the reference list.

> Thank you for your advice. We removed the sentence and the reference.
- line 307: add 'diastolic' to the sentence. In the next sentence where further study is warranted, you could add the interest of systolic blood pressure amongst others.

> According to the reviewer’s comment, we added the word to the sentence. Also, we modified the next sentence as follows: “Further study is warranted to corroborate the findings and also to examine the effect on systolic blood pressure.”

Sincerely,

Masakazu Terauchi,
Department of Women’s Health,
Tokyo Medical and Dental University,
Yushima 1-5-45, Bunkyo,
Tokyo 113-8510,
Japan
Telephone: +81-3-5803-4605
Facsimile: +81-3-5803-4605
E-mail: teragyne@tmd.ac.jp