Reviewer's report

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

Version: 0 Date: 25 Aug 2017

Reviewer: Dirk Aerenhouts

Reviewer's report:

The current manuscript describes the effect on soy lecithin on menopausal symptoms in middle-aged women.

Authors used proper English language and a solid methodology. Nevertheless, this reviewer has some points to address that may improve the manuscript.

TITLE: only fatigue is mentioned, while also other menopausal symptoms were studied. Suggestion to add this to the title: ... fatigue and menopausal symptoms in ....

ABSTRACT

Confusion arised on the number of participants. 3 x 30 = 90, while 96 participants were enrolled?

Again, confusion about the duration of the treatment, and the moments when data was collected. After reading the full text, I guess that the treatment was 8 weeks, and that data were collected before, half-way and at the end/immediately after treatment. This should be properly described.

INTRODUCTION

Good job!

Maybe good to mention that phospholipids are part of all membranes, including the cell membrane and the organelles.

AIM: why did you choose soy lecithin and not lecithin from egg yolk or another source? This may be added to the discussion.
METHODS

As already mentioned, strong methodology, but because of the randomization, the groups differed for some baseline characteristics that may have had their influence on the results. This should be addressed in the discussion. An attempt to make 'matched samples" could have prevented this.

line 171: height, weight and BMI are not parameters from body composition. Suggestion to rephrase: Height, weight, BMI and body composition including fat mass and ...

line 172: this reviewer strongly believes that not muscle mass but fat free mass was estimated by the BIA device. Please check and correct throughout the manuscript and tables.

line 184: please also describe how you defined sleep latency and sleep efficiency.

STATISTICS

Please be more detailed for which analyses the different tests were used. If you do it here, it is not necessary anymore in the results section

RESULTS

Did you do a drop out analysis? Please add.

line 203: suggestion to rephrase: The group mean age ranged from .... (instead of participant mean age)

line 209-210: this is actually part of the methods - statistical analysis section.

DISCUSSION

line244: do you mean that you can find mitochondria in the cell membrane? Or do you mean that the cell membrane also encloses mitochondria? please be clear and correct.
What is the clinical relevance of a lower diastolic blood pressure? Systolic blood pressure was not altered by lecithin...

FIGURES: please define the y axes and add units.

**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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