Reviewer’s report

Title: Effect of Yerba Mate and Green Tea on Paraoxonase and Leptin Levels in Patients affected by Overweight or Obesity and Dyslipidemia: A Randomized Clinical Trial

Version: 0 Date: 21 May 2018

Reviewer: Roberta de Oliveira Santos

Reviewer’s report:

The article assessed the effect of the intake of yerba mate and green tea on serum levels of leptin and paraoxonase-1. The results are interesting for the literature. However there are some issues that need to be reviewed.

Title: What do authors considerer mild dyslipidemia? I suggest that the authors include in the introduction or methods a paragraph about this term, since they included individuals with at least one alteration of lipid parameters, there may be individuals with more severe changes.

Line 82 - I suggest, in the objectives, to replace the component "Illex paraguariensis" by Yerba Mate as the authors put in the Abstract.

Line 114 - Why do not authors consider LDL-c as the defining factor for dyslipidemia?

Line 194 - Authors should choose between table or figure on Leptin and paraoxonase concentrations. It is not necessary both.

Table 3 - The p-value of Paraoxanase levels of Yerba mate group from the table (p=0.05) is different from the text (p=0.005). According to the table, this difference is not significant.

Table 3 - Include the units of the variables (U/mL, pg/mL), and it is necessary standardize the presentation of the variables, since "2,625" appears in the text and "2625" appears in the table.

Results: based on table 1, that Yerba Mate group presented higher wine consumption, although not significant, I suggest adjusting the models for wine intake.

Table 4 - the sample studied at the table is unclear. I suggest including this information in the table title.

Line 333 - The authors affirm that current dietary recommendations advice to include food. It is necessary a reference to support this statement.

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Quality of written English
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