Reviewer’s report

Title: Superior silybin bioavailability of silybin-phosphatidylcholine complex in oily-medium soft-gel capsules versus conventional silymarin tablets in healthy volunteers

Version: 1 Date: 12 Sep 2018

Reviewer: David Biedermann

Reviewer’s report:

The authors present small-scale clinical trial aimed at assessing the biological availability of silymarin-phosphatidylcholine complex. First indication of superior bioavailability of this kind of formulation appeared in scientific literature as early as 1990 (WOS) and this paper presents specific variant which appear to optimise the bioavailability.

From chemical point of view the description is adequate and data quality appears to be very high as is the language. Authors might want to use only one unit for concentration (ng/mL vs mg/L) and polish the figures some more but the paper is mostly publishable in its current form. The authors should include description of HPLC used including the column, model of instrument and the MS instrument.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I recommend additional statistical review

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