Author’s response to reviews

Title: Effect of lysine supplementation on Hypertensive Men and Women in selected peri-urban community in Ghana

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AUTHORS RESPONSE TO REVIEWERS COMMENTS

Reviewer reports:

Carlotta Giromini (Reviewer 1):

It seems that Figure 2 and 3 have not been merged as stated.
Authors agree that this is a good suggestion however we would like to maintain them as they are because the 2 figures conveys different ideas ion their own and it is less complicated when left as they are

I suggest the authors to double check the number of figures in text (e.g. line 223: is figure 1 or figure 2? Have the authors modified the figures in the revised version?)
This has been rectified and the figures have been now numbered as Fig 1 and Fig 2
Line 250-254: this part should be moved in the results section.
Lines 250-254 has been moved to the results section as stated by reviewer
The discussion has not been changed as suggested.
I suggest the authors to merge table 3 and 4.
It might be interesting to merge these 2 tables as suggested by the reviewer however authors will like to maintain them as they are because they carry relevant independent information across to the reader

Line 95: Why have the authors chosen di-calcium phosphate as control? Maybe this point could be underlined.

line 76-78; 203-205: please revised the sentences.

Line 76-78; 203-205 has been revised as to read well as suggested by the reviewers

Line 267-274: the conclusion is overstating the results obtained. I suggest to revised the conclusion. the conclusion should describe the POSSIBLE benefit of lysine supplementation.

The conclusion has been revised to state the possible benefits of lysine supplementation as suggested by the reviewers

Wantanee Kriengsinyo (Reviewer 2):

1. The title: adding "A longitudinal study to determine the effect of dietary lysine on hypertension" at the end is no need and may mislead since this study is the supplementation lysine as a tablet is not the dietary lysine intervention.

The title has been rephrased to read as ‘Effect of lysine supplementation on Hypertensive Men and Women in selected peri-urban community in Ghana’

2. In the abstract "The mean SBP of lysine-supplemented group significantly dropped from 146.11±11.92 to 128.95±10.44 mmHg (p=0.02). That of women also dropped from 144.12±10.41 to 132.28±10.69 mmHg, (p=0.06)." The values of hypertension are not the same as those shown in the table 5. What are correct? The mean SBP of lysine-supplemented group may not be correct; whether it should be of the male subject.

Corrections have been made as per the results shown in Table 5

3. Conclusion of the abstract: "Lysine supplementation resulted in normalization/reduction of blood pressure of hypertensive subjects." I think that it should be changed to ... hypertensive subjects who have suboptimal lysine intake, not for all hypertensive people. The conclusion in the text also should be considered to change.
The conclusion has been rephrased to emphasize the possible benefits of lysine supplementation as suggested by reviewer 4.

4. It is still not clear to me how the sample size of 30 came from. What parameters were used to derive the value of 30? It is also not clear why the study last for 112 days.

The methodology section on sampling has been rephrased to make it clearer

5. I accepted the results of this study regarding potential benefit of lysine supplement; however, other factors related to blood pressure had not been controlled such as whether there were any changes in dietary intakes of the 112 days and also other lifestyle factors. This should be addressed in the discussion as some limitations of this study. Therefore, the conclusion should not be too strong for the benefit of lysine supplement on hypertensive reduction. It is likely to be beneficial in people who have low lysine intake.

A section on strengths and limitation of the study has been added which highlights the limitations of the study just as stated by the reviewers. The conclusion has also been rephrased to state the possible benefits of lysine supplementation on hypertension.