Reviewer’s report

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

Version: 1 Date: 26 Apr 2017

Reviewer: Wantanee Kriengsinyo

Reviewer's report:

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.

2. In the abstract "The mean SBP of lysine-supplemented group significantly dropped from 146.11±11.93 to 124.95±10.44 mmHg (p=0.02). That of women also dropped from 144.12±10.41 to 138.38±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.

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.

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.

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.

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 am able to assess the statistics

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

Acceptable

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