



SDI EDITORIAL COMMENTS FORM

EDITORIAL COMMENT'S on revised paper (if any)	Authors' response to editor's comments
<p>Dear editors, please, find manuscript with notes (line numbers are as in revised document)</p> <p>Heading: Selected because of what? High availability? High demand in market? Local interest? The selection of these 4 spices is based on....?</p> <p>Line 12 (Abstract): Nutritional? Or just spices? Why "Nutritional"?</p> <p>Line 56: More correct to name the species under study as "spices" not "Nutritional plants".</p> <p>Line 81, 88, 96, 102: Spice, therefore, intake is in small amounts</p> <p>Line 102: Which compounds are giving the "bitter" taste? Antinutrients? Tannins? Alkaloids? Maybe these plants are not that "nutritional" after all.... Please, explain.</p> <p>Line 137: Reference for determination of Phosphorus</p> <p>Line 164: Software? Version? Supplier? Country?</p> <p>Line 318: Delete this paragraph, is out of the objective of this work, the data are not presented (not about phytochemicals, not about any Biological activity) and this conclusion is just speculative, not based in the results.</p> <p>Line 318: How much? Daily? Portion size? All these plants are used as spices (small amounts for improving taste) How relevant at low dosage is the improvement in the nutritional intake? Is it possible to eat a high amount of these leaves and spices without inducing a digestive problem?</p> <p>Line 319: "Which anti-nutrient"</p>	<p>This was explained in line 73-76 ie "commonly uses as vegetable and spices in soup in southern Nigeria....and in ethno pharmacology"</p> <p>"Nutritional" replaced with "vegetable"</p> <p>There is a "food" component on the same line ie "spices, food..." However "Nutritional plants" had been replaced by "vegetable plants"</p> <p>All the plant leaves are served as vegetable sauce or soups (see attached picture showing serving of <i>Vernonia amydalina</i> and plantain). Spice when used is because of the flavouring it gives to the food. Were it is used as a spice, it is used as a garnish which still employs a large amount of the leaves.</p> <p>Alkaloids and to a lesser extent tannins both of which, despite their toxic downside and absorption issues, have been shown to have a wide range of useful pharmacological activity (See Reference 7 and references therein). They are also rich in flavonoids and glycosides and of course macro and micro nutrients. <i>Vernonia amydalina</i> tablets are now available in the market.</p> <p>Done. Reference 21</p> <p>SPSS version 18.0 for Windows</p> <p>Done</p> <p>As explained above all four vegetable are served as sauce or soups employing large amount of the leaves (see attached photograph). There has been no reported issues with digestion.</p> <p>Portion expunged.</p>