



SDI Review Form 1.6

Journal Name:	European Journal of Medicinal Plants
Manuscript Number:	Ms_EJMP_48976
Title of the Manuscript:	A Randomized, Double-Blind, Placebo-Controlled Study of a Blend of Herbal Extracts Taken Once Per Day for Weight Loss in Healthy Volunteers
Type of the Article	Short Research Article

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline>)



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PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Compulsory REVISION comments	<p>The authors have conducted an interesting study and written the manuscript very well. However, due to the small sample size the results of this study have very little impact on the existing knowledge. It is advisable to calculate the required sample size and continue the study to develop meaningful conclusion.</p> <ol style="list-style-type: none"> 1. Please provide the CONSORT diagram. 2. Please register the study in any of the clinical trial database such as clinicaltrials.gov.in 3. Please revise the manuscript as per the CONSORT guidelines such as provide the primary endpoint, secondary endpoints, etc. 4. Please discuss the limitations of this study. 5. One of the biggest confounding factors in this study is that there is no control over the diet and exercise regimen of the volunteers which can greatly affect the results. 	<p>We thank the reviewer for the helpful feedback and are pleased to address their comments. Due to the exploratory nature of this study, sample size was not calculated.</p> <ol style="list-style-type: none"> 1. CONSORT diagram provided as a new Figure 1. 2. Studies conducted in the US and initiated after January 2017 need to be registered at clinicaltrials.gov. This study was conducted in Denmark in 2016 so was not registered. Appropriate ethical review and approval was obtained prior to initiation of the study and the study was conducted in accordance with the 1964 Declaration of Helsinki. Informed consent was obtained from all participants prior to participation in the study. 3. Thank you we have addressed this comment. 4. We have included a paragraph on study limitations in the Discussion. 5. We agree that changes in diet and exercise are especially important confounding factors to interpretation of weight loss in an uncontrolled clinical trial as changes in behaviour due to participation in the clinical trial may affect the result. However, the placebo control group in this randomized, double-blind, placebo-controlled clinical trial is expected to account for any confounding factors of participation in a study. The reviewer is correct that changes in diet or exercise may have contributed to weight loss. In fact, we hypothesize that a reduction in food intake contributed to weight loss with the herbal blend, as participants who received the herbal blend reported a reduction in appetite and craving. To better address this important question, we have added additional detail of the mechanism for weight loss, including a discussion of effects on appetite and other effects of the herbal extracts on metabolism, blood glucose, and digestion.
Minor REVISION comments		
Optional/General comments		

PART 2:

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Are there ethical issues in this manuscript?	(If yes, Kindly please write down the ethical issues here in details)	