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The Effect of a Combined Training Program with Fenugreek and Green Cumin Supplementation on the Levels of Certain Inflammatory and Anti-Inflammatory Adipokines in Overweight Women

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1. Round 1

1.1 Reviewer 1

Date: 13 November 2024

Reviewer:

Consider reporting the reliability (e.g., intra-class correlation coefficient) of the measurement tools used for weight, height, and adipokine levels to establish measurement consistency.

It is stated that the fenugreek supplement alone did not produce significant changes. Consider discussing possible reasons for this lack of effect in the discussion section.

The discussion could be enriched by elaborating on the potential molecular mechanisms through which fenugreek and cumin exert their effects on adipokine levels.

The limitations should explicitly address potential biases such as self-reporting errors, dietary variations, and the relatively small sample size.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 14 November 2024

Reviewer:

Adherence to the training program and supplement intake is crucial. Please clarify how compliance was monitored and whether any adherence thresholds were set for inclusion in the final analysis.

The results would benefit from additional data visualizations such as box plots to illustrate interquartile ranges and potential outliers more effectively.

While comparisons with prior studies are made, it would be useful to include more recent studies that have examined the effects of these supplements combined with exercise.

The findings' clinical relevance for overweight elderly women should be emphasized. How do the observed changes in adipokines translate to health outcomes?

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.

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