



# The Effect of Continuous and Interval Aerobic Exercise Combined with Loquat Leaf Consumption on the Oxidative and Antioxidant Capacity in Overweight Women

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## 1. Round 1

### 1.1 Reviewer 1

Reviewer:

The statistics on global and Iranian obesity prevalence are helpful, but the transition between global and national data (e.g., “Furthermore, in Iran...”) needs a clearer linkage or rationale for contextual relevance.

While the study design is stated as quasi-experimental, the term is not justified. Specify why random assignment was not used and clarify if matching or control for confounding variables occurred.

Clarify whether blinding was employed during blood sample analysis to reduce bias. This is especially important for biochemical outcome studies.

The Karvonen formula is correctly used, but it would be helpful to report the average heart rate ranges achieved in both exercise groups during training.

The term “Oxidative Capacity” needs clarification—was this derived from MDA alone or a composite index? Define how the values (e.g., 3.43) were computed.

The claim “may have significant effects on liver parameters” is speculative and unsupported by this study’s data. Remove or rephrase to reflect the actual measured outcomes (e.g., oxidative/antioxidant indices).

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

The statement “Oxidative stress plays a significant role in metabolic syndrome” would benefit from a citation closer to that specific claim rather than at the end of the paragraph. This strengthens the argument's scientific grounding.

The sentence “Loquat leaf extract has shown hepatoprotective effects...” would be more convincing if the specific concentration or dosage used in the cited studies were included for comparison with this study's design.

The rationale for combining exercise with loquat leaf consumption should be expanded with theoretical or biochemical mechanisms linking both interventions to oxidative stress modulation.

Some p-values (e.g., 1.000) suggest no difference, yet the conclusion states a significant difference. Clarify this apparent contradiction, or highlight only statistically significant comparisons in the narrative.

The comparison with Roozbahan et al. (2021) is useful but lacks critical analysis. Elaborate on similarities or differences in population, intervention duration, or outcome measures.

The statement “antioxidants including enzymes and vitamins...” is too general. Specify which antioxidant enzymes or vitamins were measured or implied in this study to maintain scientific precision.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.