

# International Journal of Sport Studies for Health

Journal Homepage



## Kombucha A Functional Beverage for Heart, Gut, Mind and Healthier Lifestyle

Reyhaneh. Jafari<sup>1</sup>, Kianoush. KHosravi-Darani<sup>2\*</sup>, Abhishek. Dutt Tripathi<sup>3</sup>, Ankita. Hooda<sup>3</sup>

<sup>1</sup> Department of Microbiology, Falavarjan Branch, Islamic Azad University, Falavarjan, Isfahan, Iran

<sup>2</sup> Department of Food Technology Research, National Nutrition and Food Technology Research Institute, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran

<sup>3</sup> Department of Dairy Science and Food Technology, Institute of Agricultural Sciences, Banaras Hindu University, Varanasi-221005, India

\* Corresponding author email address: kiankh@yahoo.com

E d i t o r	R e v i e w e r s
Özgür Eken Associate Professor, Inonu University, Malatya, Turkey ozgureken86@gmail.com	<b>Reviewer 1:</b> Mohammadreza Zarbakhsh Bahri Associate Professor (Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir <b>Reviewer 2:</b> Seyed Mohammad Hosseini Assistant Professor, Department of Health and Rehabilitation in Sports, Shahid Beheshti University, Tehran, Iran. Email: moh_hosseini@sbu.ac.ir

### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

This claim requires citation from studies assessing performance enhancement or stimulant effects of kombucha in athletes. Please cite the source of this specific enzymatic activity data or rephrase it as an estimation if it is theoretical.

“Prevailing belief” is vague. Replace with evidence-based language or remove anecdotal phrasing.

This compound is mentioned repeatedly. Ensure it's correctly identified and cited. Also, clarify whether it is endogenous to Kombucha or a result of microbial synthesis.

This section lacks details on sterilization, aeration control, and standard fermentation parameters. Consider adding a standardized protocol or a comparative table summarizing different fermentation conditions from literature.

Author revised the manuscript and uploaded the updated document.

Article history:

Received 5 April 2025

Revised 06 June 2025

Accepted 12 June 2025

Published online 01 July 2025

## 1.2 Reviewer 2

Reviewer:

Consolidate these ideas to improve coherence and avoid redundancy.

Please revise and standardize bacterial names. These entries appear to be typographical or taxonomical errors.

Please remove duplication to improve flow and clarity.

This section would benefit from recent genetic/metabarcoding studies to confirm yeast diversity. Consider citing high-throughput studies such as Coton et al. (2017).

Specify what “other oxidative enzymes” refers to, and cite studies identifying them in kombucha.

The subsection “5-1 Kombucha and antioxidant activity” is followed by “5.2 Kombucha and antimicrobial activity,” suggesting inconsistent formatting. Please standardize numbering throughout.

Compare this explicitly to black tea or other substrates, supported by quantified antioxidant values (e.g., DPPH or FRAP assays).

The figure captions lack scientific value or data analysis. Add scale bars or measurement annotations to provide more informative descriptions.

This is a controversial and medically sensitive statement. Please temper the language and cite controlled studies or clearly note it as anecdotal.

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.