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Green Tea and Rosemary Extracts in Free and Encapsulated Liposome Forms: Natural Antioxidants in Sports Science

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E d i t o r	R e v i e w e r s
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1. Round 1

1.1 Reviewer 1

Reviewer:

Avoid redundancy in terminology; consider stating: “Certain natural antioxidants outperform synthetic ones, such as BHT, in delaying lipid oxidation.”

The paragraph switches abruptly from a general discussion of encapsulation to listing purposes. Consider breaking into two paragraphs: one for definitions and one for applications.

Please clarify the source of this biochemical pathway. The explanation would benefit from referencing lipid peroxidation mechanisms.

This claim would be strengthened with reference to endogenous antioxidants (e.g., superoxide dismutase, catalase) to provide physiological context.

The term “various studies” is vague. Please provide at least one specific citation for this claim.

This dual behavior is scientifically intriguing. Consider elaborating briefly on the mechanism behind this prooxidant action in emulsions.

Please specify the control conditions and reference baseline data for comparison.

This appears contradictory and contains a repetition. Likely meant “hydrophilic antioxidants are encapsulated in aqueous parts.”

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

Correct the grammar and complete the sentence. Suggested revision: “One of the important problems in using natural antioxidants in pharmaceuticals is their instability and poor bioavailability.”

The paragraph ending with: “Uniform suspending encapsulated compounds.” lacks citation. Please provide a reference supporting this summary of encapsulation purposes.

Eliminate redundancy; revise to: “The phenolic diterpenes in rosemary, such as carnosic acid and carnosol, exhibit antioxidant activity...”

This sentence is grammatically incorrect. Suggested revision: “In aqueous environments, amphiphilic phospholipids align into bilayer structures, with hydrophilic heads facing water and hydrophobic tails inward.”

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.