



BAISHIDENG PUBLISHING GROUP INC

8226 Regency Drive, Pleasanton, CA 94588, USA

Telephone: +1-925-223-8242

Fax: +1-925-223-8243

E-mail: bpgoffice@wjgnet.com

http://www.wjgnet.com

ESPS PEER-REVIEW REPORT

Name of journal: World Journal of Gastroenterology

ESPS manuscript NO: 16822

Title: The effects of grain fiber on bowel function: intervention trials systematically reviewed

Reviewer's code: 02948417

Reviewer's country: United States

Science editor: Yuan Qi

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CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	Google Search:	<input type="checkbox"/> Accept
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C: Good	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Duplicate publication	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade D: Rejected	<input type="checkbox"/> Plagiarism	<input type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E: Poor		[Y] No	<input type="checkbox"/> Major revision
		BPG Search:	
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		[Y] No	

COMMENTS TO AUTHORS

This is a useful review on bowel functions as a result of adding specific cereal fibers to the diet. Several suggestions are offered for improving the clarity of the manuscript. In the abstract and elsewhere, please specify if the confidence intervals are 95% CI. The reported change in stool frequency of 4/1,000ths of a day implies a level of precision not possible to determine from data which are usually recorded as stools/day. Converting this fraction into minutes is <6 minutes difference. Can the authors make any qualitative conclusions about the cereals other than wheat? If not, perhaps the title should be changed to reflect that absence of information from other grains. The authors excluded studies on people with constipation or diarrhea. It would seem advisable to include these groups if those conditions were not the result of pathology since those groups would benefit more than healthy subjects and more than ? of studies were excluded. For the comparisons of transit time, the methods used for each study should be listed and it is likely not possible to combine them all because different methods (e.g., dye passage versus radio-opaque pellets) measure rates of first passage and passage of 90% of markers, as an example. There is a lot of duplication of



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text throughout with some wording and information repeated multiple times; a thorough editing is required to eliminate these. There is also duplication of information in the tables and appendices. The point that such studies have been conducted over 90 years is made 3 or 4 times – once is sufficient. On line 236, the authors calculate that the lowest effective dose of wheat bran was 5.7 g/d. Then they should not show data for changes per gram. Changes per 5.7 g or 10 g would be better. Why is reference 54 cited for this number if it is based on your regression analysis? In the discussion of why intestinal function changes (lines 289+), there is no mention of changing the colonic microbiota, their activity, or the amount and type of mucin produced in the colon. Appendix 5 is not called out in the text. The claim on lines 321-2 on no effect of percent water in stools contradicts your proposal in lines 290+ that water holding was increased.