

Author's response to reviews

Title: Exercise and Functional Foods

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Version: 3 **Date:** 25 March 2006

Author's response to reviews: see over

March 24, 2006

Dear Editor,

Thank you for your letter of May 16, 2005 in which you indicate your desire for us to submit our manuscript entitled "Exercise and Functional Foods." (MS: 1433319779653957 Ver:1) after revisions based upon the reviewer comment. We thank the reviewers for their thoughtful and constructive critique of our manuscript. We have answered all of their comments and made all recommended changes. We believe the revised manuscript can be accept for this Journal and interest your readers.

Sincerely,

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Ms 1433319779653957 Ver: 1

Manuscript title: Exercise and Functional Foods

Authors: Wataru Aoi, Yuji Naito, and Toshikazu Yoshikawa

Response to Reviewer 1,

1. The effect of each food factors on ergogenic aid has been shown more clearly throughout article and the factors were divided by level of the efficiency and shown in table 1, as suggested.

2. More important literatures have been referred throughout manuscript and the statements have been revised corresponding to the references, as suggested.

3. The description on the importance of a well-balanced basic diet for athletes has been added in introduction, as suggested.

4. The description on the importance of glycogen repletion aids in the post-exercise of athletes has been added in the statement starting from on line 7 at page 8, as suggested.

5. The description that isotonic drink is generally recommended in water replenishment has been emphasized in the statement starting from on line 4 at page 5, as suggested.

6. The description on recommended protein requirement has been revised. Generally, for endurance athletes, the protein requirement is similar to normal people and thus protein supplements are unnecessary, as suggested in previous studies. The relating description has been added in the statement starting from on line 8 at page 13.

7. The description on caffeine, not in doping list, has been revised.

8. Grammar and format have been revised throughout manuscript.

Response to Reviewer 2,

1. The matters that demand special attention on water replenishment is following. First, both water and electrolytes should be supplemented for maintenance of fluid homeostasis because they are loss by sweating in exercise. Second, during prolonged exercise, fluid drink containing electrolytes and carbohydrate, not water alone, should be considered to provide while water alone can satisfy the recovery of body fluid in short-term exercise. Third, the efficiency of hypotonic drink in rapid absorbance of water compared with isotonic drink has not been fully establish while it is considered to lead to an increase of osmolaliry gradient between apical and basolateral sides in intesitine. The relating description has been added in the statement starting from on line 4 at page 5.

2. Antioxidants can provide electron each other and affect differently among the organelle associated with the structure. Thus, they would be better to take several kinds at the same time. The relating description has been added in the statement starting from on line 2 at page 21.

3. Grammar and format have been revised throughout manuscript.