

Review of: "Staunch the Age Related Decline into Dementia, Cancer, Autoimmunity (POTS), Obesity, and Other Diseases with a Prebiotic, Probiotic, Postbiotic Triple Play"

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Potential competing interests: No potential competing interests to declare.

In this review, the authors tried to support the viewpoint that prebiotics, probiotics, and postbiotics have benefits on aging-related diseases. The article is interesting but not sufficiently novel. Many current research studies and clinical evidence have evidenced the mechanisms and effectiveness of probiotics, prebiotics, and postbiotics in restoring gut microbiota homeostasis and playing an important role in the clinical treatment and management of a variety of diseases.

The structure of the paper needs to be more clearly refined. The manuscript often jumps from one pathological condition, mechanism, or effect to another, and it is difficult for the reader to understand the aim.

It is standard for reviews to discuss the findings in empirical papers to forge an argument for readers to understand the valence of the review, which is currently lacking. . It is not clear whether a systematic approach has been used (such as PRISMA) to compile the article.