

# Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

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The aim of the review is very interesting but the paper does not bring specific information in the field whereas several interesting details are provided. Under its present form this is a very classical review which must be strongly improved. The scientific and medical interest is low.

To my opinion, the organization of the review must be reconsidered and the authors must focus on specific points. The introduction (Chap 1) must be totally reconsidered and rewritten with several chapters and sub-chapters. The aspects nutrients and micronutrients, and diet can be develop but needs to be seriously reorganized and documented. The aspects oxidative stress brings nothing under its present form: there are only general considerations. This is the same with calcium. Chap 2 to 5 are very general. Finally, the last chap(Chap 6) concerns resveratrol (RSV); we do not understand the reason to only present this polyphenol: RSV has lot of interests for the prevention of aging and age-related diseases but this is not the only one among polyphenols.

Finally, there is no conclusion.

In addition, there are no Tables and figures in the review. There is a need to add Tables and Figures.