Review of: "Effect of Supplementation with Moringa Oleifera on Antioxidant and Oxidative Stress Biomarkers of Infertile Women: A Pilot Open-Label Case-Control Randomized Clinical Study"

Rolf Teschke[1]

1 Klinikum Hanau

Potential competing interests: No potential competing interests to declare.

This is an attempt to possibly help women with infertility. However, the study has a problem of methodology because there are no data to show that the initially infertile women actually benefit from the use of Moringa Oleifera (MO) by getting pregnant.

Major points:

1. The study is largely confirmatory. ROS was implicated in infertility by various previous studies.
2. Good but not perfect is the study protocol, which uses a pilot open-label case-control randomized clinical study. However, the perfect end point should have been pregnancy based on a usual RCT approach..
3. The selected ROS parameters are perfect. Consider that a relationship of ROS with infertility does not mean necessarily causality. Causality would have been established by pregnancy under treatment with MO. In other words, the study should have been expanded to 6-12 months to allow for and verify pregnancy. There are no data on side effects caused by MO.
4. In general, many reports are being published with mostly herbal antioxidant therapies fighting against ROS production, but there is little clinical evidence that antioxidant approaches prevent or cure diseases. Under these aspects, your study does not add to current knowledge in the clinical field.