

Review of: "[Mini Review] Role of Mango in Immune System"

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Potential competing interests: No potential competing interests to declare.

References 22-26 start as numbers followed by text. It is better to rephrase the sentences into two combined sentences with references at the end.

"Therefore, these studies provide evidence for the levels of total carotene and β -carotene in ripe mangoes. Vitamin A, primarily in the form of carotenoids like beta-carotene, is also present in significant amounts in mangoes. The findings of show that immature mangoes have much less total carotene (90 micrograms) and beta-carotene (1,990 micrograms) than ripe mangoes (2,210 micrograms and 1,990 micrograms, respectively)." - Idea is repeated again and again, hence may be clubbed and curbed.

References 23, 24, 26, and 27 do not specifically provide the outcomes regarding the content of the study of carotene.

Reference 31 needs more information regarding varieties with fat/less fat. Also, details regarding the use of the kernel as food.

2.5 "Mangoes also help with mineral intake, as seen by their high potassium, calcium, and phosphorus levels." - Sentence may be restructured.

"Maintaining fluid equilibrium, neuron function, and muscle contractions all depend on potassium, an essential mineral, and electrolyte." - Sodium and calcium also play a major role; the sentence is partly wrong.

"Mangoes are a better option for people watching their salt intake since, despite having some sodium, they have comparatively low levels compared to processed meals" - Sentence makes no sense. Restructure it.

"For the maintenance of general health and the prevention of iron-deficient anaemia, the intake of mango could help remedy the anaemic situation." - Restructure.

2.6: "bowel motions, " - bowel movements.

3.

"According to psychological research, having a strong immune system improves mental and emotional well-being by lowering levels of stress and anxiety system . The amazing immune systems in the human body protect us from illnesses." - Need clarity and restructure.

"These defence mechanisms all work in different ways to keep us safe from dangerous outsiders." - Unscientific, casual

writing.

“Mango may include several bioactive compounds that support immune system health.”- Needs better language.

The section on immunity can be rearranged by first providing a description of how immunity works and then the effect of mango on each component.

I don't understand the suitability of the recipe in this review.