

# Review of: "Is gastrulation the most important time in your life?"

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**Potential competing interests:** No potential competing interests to declare.

This short review concisely deals with the history of the gastrula concept as an embryonic stage of metazoan development and highlights the enormous disparity in the types of gastrula that exist. The text also discusses other concepts that are often treated as "universal" and are not so universal when considering other non-vertebrate metazoan groups, such as germ layers, or the mesoderm. Finally, the author also exposes the existence of neuromesodermal progenitors, capable of differentiating into neural or mesoderm without passing through any cell layer.

The text is readable and written for a wide audience, the references cited are correct and if there is one criticism that can be made, it is that some of the aspects developed in it are too superficial and leave you wanting more.

For all these reasons, and if the short format used is correct for QUEIOS, I consider this review acceptable for publication.