

Review of: "Reevaluating Dietary Interventions for Health and Longevity: Beyond Low-Carb Diets and Exploring Phyton-Chemicals"

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Potential competing interests: No potential competing interests to declare.

References are very old. Add a fresh review of literature from 2022 to 2024. Include research engines used to mine the data from different sources. Add figures and tables to make the studies more logical. Include gap analysis and problems. Study flow chart needs to be included.