

Review of: ""Mealtime Hydration's Impact on Digestion": An Editorial Article"

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Potential competing interests: No potential competing interests to declare.

This is a simple review which brings up the age-old topic of hydration and its impact on digestion. I would give credit to the author for the use of simple language, but it could have been made a stronger research article if

1. Recent references were included, as they would have reviewed recent data on this topic.
2. Divided the paper into different sections, including results, discussion, and methods.
3. Could have highlighted the clinical use of this paper; for example, if it would help people with their weight loss journey, nutrition, pharmacokinetics, etc.