

# Review of: "Analyzing the Science of Apple Juice: Insights Into Production, Preservation, and Health Effects"

V. H. Oidor-Chan<sup>1</sup>

<sup>1</sup> Universidad Autónoma Metropolitana - Iztapalapa

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

I find the review interesting.

This review explores the processing and preservation methods employed in the production of apple juice. In addition, the therapeutic effects associated with the bioactive compounds present in apple juice are also included.

Some observations:

- In Table 1, the authors do not define whether the composition is in the juice (mg/mL) or in dry weight.
- In section 2, first paragraph, fifth line, they include "certain beneficial compounds present in both the fruit and its bark (Table 2)." It is in Table 1.
- I consider that the authors should define the polyphenols present in apple juice and specify the described mechanisms of action related to the therapy of some diseases.

The title of the review is related to the analysis of apple juice, and in the section "Regulates Blood Sugar," they describe the fiber present in the fruit.

- Regarding the regulation of glucose concentrations through the consumption of apple juice, how feasible would it be for patients with T2D to consume apple juice? The review includes that apple juice increases glucose concentrations.
- The authors should conduct a more exhaustive search on the therapeutic effects attributed to the consumption of apple juice.
- Sections 3 and 4 of the review seem complete to me.
- In section 5, the authors could include freeze-drying as a preservation method.