

Review of: "Staunch the Age Related Decline into Dementia, Cancer, Autoimmunity (Long Covid), Obesity, and Other Diseases with a Prebiotic, Probiotic, Postbiotic Triple Play"

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Potential competing interests: No potential competing interests to declare.

Title:

The title does not match what you wrote in the abstract. If you are going to show the effect of age on the microbiome and diseases, you should discuss a little about it in the abstract and introduction too.

Abstract:

The abstract is too descriptive and complicated. So, it is suggested that you summarize your aim for writing this paper. You wrote many abbreviations in the abstract, making it hard to understand. Furthermore, it does not need to explain every mechanism to show the adverse effects of dysbiosis. Some terms like HRV need to be defined in detail. For example, why do you want to show the correlation between the microbiome and HRV? After reading the abstract, readers might not follow your main goal. Overall, a more comprehensive and organized abstract will show the cause and importance of writing about this exciting topic.

Highlights:

Please avoid using abbreviations in the highlighted bullet points unless it follows the journal format.

It is recommended to highlight five important points instead of explaining all the facts in this section. These highlights should showcase the core discussions of the manuscript.

Figures:

There are four comprehensive figures in the paper that help understand what the author wrote in the body of the paper. However, I suggest having a figure to show the net effects of age on the gut microbiome and how aging can make us vulnerable to several diseases.

Conclusion:

Please make the conclusion shorter and more informative. You may need to truncate to clarify your final opinion about the topic.

A separate paragraph could discuss the necessity of having a randomized controlled trial. I strongly recommend writing

this paragraph to show the importance of using HRV as a helpful parameter in the nutrition of individuals.