

# Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

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

Thank you to authors for dealing an innovative e current topic.

Promoting healthy and active aging is one of the global challenges that involving several countries around the world given the increase the % of aging.

I have some considerations:

- In the manuscript there are some mistakes, in particular alkalosis PH is defined when the  $PH > 7.45$  and not under 7;
- There are some abbreviations that require clarification and explanation;
- In the manuscript need updated references; some of the references are from 1997, 1963, 1995. About of the topic of health aging and nutrition there are some update date.
- Finally, I suggest you better elaborate on the conclusion.

Thank you for the opportunity.