

Review of: "The Consumption of Iceberg Lettuce May Reduce The Adhesion of Dietary Fat to The Mucus Surface of The Stomach Barrier Lining Decreasing The Risk of Triggering Acute Gastroesophageal Reflux"

Anna Maria Giusti¹

¹ Sapienza University of Rome

Potential competing interests: No potential competing interests to declare.

The purpose of the author was to evaluate the capacity of iceberg lettuce leaves to reduce acute gastroesophageal reflux. The author observed that the iceberg lettuce leaves contain surface epicuticular waxes that can adsorb significant quantities of dietary fat per unit weight, thus reducing gastroesophageal reflux.

The subject is very interesting, and the scientific quality of the paper is good, as well as the experimental methodology. The author carried out different types of *in vitro* experiments. Nevertheless, the author describes the results without any reference to statistical significance.

The author reports the data from a series of experiments performed on lettuce leaves to demonstrate the ability of the surface leaves to absorb fats and water in different conditions. The sample of iceberg lettuce leaves was 25 cm². My question is: is this sample realistic of a physiological condition? Do we find such large leaf fragments inside the stomach?

Furthermore, it should be noted that the absorption of fats at the gastric level involves very short fatty acids such as acetate, acetate, butyrate, propionate...(not 12 carbon atoms)