Review of: "Regular Consumption of Lacto-fermented Vegetables has Greater Effects on the Gut Metabolome Compared with the Microbiome"

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Potential competing interests: No potential competing interests to declare.

Guse et al. undertake a fine study to determine the impacts of consumption of lacto-fermented vegetables on gut microbiota and metabolome as compared to western food. They found significant enrichment of a few microorganisms potentially associated with vegetable intake, and greater impacts on fecal metabolome with increase in butyrate, acetate, and valerate. The results are interesting and potentially important, although there are already research reports showing similar data (for example, analyzing impacts of Mediterranean diet on gut microbiota and metabolome, Filippis et al Gut, 2016).

Suggestions:

It would be better to further analyze potential impacts of minor changes in microbiome on greater changes in metabolome. For example, would Leuconostoc mesenteroides and Rhodotorula mucilaginosa contribute to the increase in short-chain fatty acids observed in the paper?