

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.

I have carefully read the article written by P. Chambers about the possibility of using prebiotics, probiotics, and postbiotics in aging-related diseases.

I found the work to be an ambitious analysis of biochemical pathways involved in the development of dementia, cancer, autoimmunity, obesity, infectious diseases, and post-viral fatigue syndrome. The proposed solution to modulate the gut microbiome highlights the global approach needed to face complex health issues.

The paper is overall well written and well presented, in clear English. Figures are coherent with the content and have clear legends.

However, the author should also underline the mechanisms and signaling pathways by which this therapy might act, particularly focusing on the possible adequate indications of this treatment and the target population.

Finally, in the conclusion, the author should emphasize that further studies, preferably prospective, are needed, instead of assuming no need for validation of this approach.