

Review of: "[Mini Review] Role of Mango in Immune System"

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Potential competing interests: No potential competing interests to declare.

Review

If the goal of this manuscript is to be inserted into a book with commercial intentions, I have no basic criticism to offer. However, some errors must be corrected, as in the example that follows:

In "Immune System," the a fascinating relationship

However, if the author intends to highlight the immune benefits of eating mango, this manuscript has some flaws. The authors did not present a single scientific article that linked the intake of mango and the enhancement of the immune system. The interaction between nutrition and the immune system is a very complex process that cannot be explained through the ingestion of a single food. Moreover, the rationale that the author has provided for mangoes can also be made for other fruits. For instance, strawberries have similar nutritional content to mangoes and contain a wide array of phytochemicals, including some polyphenols. So, the nutraceutical value of mangoes must be extended to many other fruits and vegetables.

This manuscript combines an attempt to scientifically validate mango as a food with a strong immunological impact with recipes for drinks and desserts. For me, this manuscript fails as a proposal for a scientific review.