

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.

In the current study, Kylene Guse et al investigated the effects of Lacto-fermented Vegetables on gut microbiome and metabolome. The study was well designed and the results were properly analyzed and presented.

I only have few concerns and suggestions:

1. The authors found increased gut SCFA in the consumer group. I would be curious about the fibre content of Lacto-fermented Vegetables since abundant fibre intake often results the gut SCFA producing.
2. Similarly, the bacteria strains used to fermentate vegetables in the current study should be revealed.
3. Meanwhile, the authors should analyze or discuss is there any increase in the SCFA-producing bacteria (relative abundance) observed upon Lacto-fermented Vegetables treatment.
4. More information about the participants should be provided. Currently the authors only showed "Healthy adults aging from 20 to 50". Some key information are missing, for example, sex ratio, BMI, education, occupation, etc.