

Review Form 3

Journal Name:	European Journal of Nutrition & Food Safety
Manuscript Number:	Ms_EJNFS_130399
Title of the Manuscript:	Doctor Experiences on the Use of Multivitamin and Multimineral Supplement in their Daily Practice - A Retrospective Real-World Evidence from India
Type of the Article	Original Research Article

PART 1: Comments

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.	This manuscript is of great importance to the scientific community as it synthesizes current evidence on the role of micronutrients in immune function and highlights the growing recognition of their therapeutic potential. By focusing on the impact of micronutrient supplementation, particularly multivitamin-multimineral supplements (MVMS), it provides valuable insights for healthcare professionals navigating the complexities of personalized nutrition and immune support. The manuscript's exploration of the benefits, limitations, and considerations of MVMS usage across different age groups offers critical guidance for optimizing patient care and improving health outcomes. Additionally, the integration of expert opinions through a survey questionnaire adds a practical dimension, contributing to a clearer understanding of how these supplements can be effectively utilized in clinical settings.	
Is the title of the article suitable? (If not please suggest an alternative title)	The title of the article seems suitable, but it could be made more specific and reflective of the manuscript's focus on micronutrients and their role in immune health. Here's a suggestion for an alternative title: "The Role of Micronutrients in Immune Function and Health: Insights from Healthcare Professionals on Multivitamin-Multimineral Supplementation" This title emphasizes both the importance of micronutrients and the practical insights gathered from healthcare professionals, providing a clearer understanding of the manuscript's scope.	With your kind suggestion, we have changed the title of the article.

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<p>Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.</p>	<p>The abstract of the article provides a solid overview of the manuscript's content, highlighting the importance of micronutrients in immune function, the potential benefits of multivitamin-multimineral supplementation (MVMS), and the use of expert opinions to guide healthcare decisions. However, to ensure it is comprehensive and captures the key points effectively, I suggest the following improvements:</p> <ol style="list-style-type: none"><li><b>Clarification of the research gap:</b> While the abstract discusses the role of micronutrients and MVMS, it could benefit from a brief mention of the research gap or specific issue the manuscript addresses (e.g., the inconsistency of evidence regarding MVMS effectiveness). This would give readers a clearer context for the study.</li><li><b>Summary of the methodology:</b> Including a sentence about the survey methodology would provide more clarity on how expert opinions were gathered and why this approach is valuable in exploring the role of MVMS.</li><li><b>Mention of practical applications:</b> Highlighting how the findings could be used in clinical practice or influence public health recommendations would help underline the manuscript's practical implications.</li><li><b>Outcome or conclusion:</b> A brief mention of the conclusions drawn from the expert survey, such as insights into the effectiveness of MVMS or its role in personalized care, would make the abstract more complete.</li></ol> <p><b>Suggested revision for the abstract:</b> "This manuscript explores the growing evidence linking micronutrients to immune function and health, focusing on the role of multivitamin-multimineral supplements (MVMS) in enhancing immune responses and overall well-being. Despite the inconsistent findings in existing literature, micronutrients such as vitamins A, C, D, and E, as well as trace elements like zinc and selenium, are crucial for sustaining immune competence. A survey of healthcare professionals was conducted to gather expert insights on the use of MVMS in clinical settings, aiming to clarify their potential benefits, limitations, and applicability across different age groups. The findings offer valuable guidance for individualized patient care and underscore the importance of micronutrient supplementation in supporting immune health." These additions will ensure the abstract effectively summarizes the key aspects of the manuscript and provides readers with a clear overview of the study's objectives and outcomes.</p>	<p>We have made the necessary changes in the abstract based on the suggestions.</p>
<p>Is the manuscript scientifically, correct? Please write here.</p>	<p>the manuscript appears to be scientifically sound, with a focus on well-established concepts in nutrition and immunology. It accurately highlights the importance of micronutrients like vitamins A, C, D, and E, as well as minerals like zinc and selenium, in maintaining immune function and overall health. The relationship between nutrient deficiencies and impaired immune responses is well-documented in scientific literature, and the role of multivitamin-multimineral supplementation (MVMS) in restoring immune competence is supported by previous studies.</p> <p>However, there are a few considerations that could strengthen the scientific accuracy of the manuscript:</p> <p><b>Citing relevant research:</b> While references to key studies (e.g., Alpert, 2017; Tardy, et al., 2020; Saboo, et al., 2024) are included, it would be helpful to ensure that all statements, particularly those related to the effectiveness of MVMS and the role of specific micronutrients, are supported by the most up-to-date and robust scientific evidence. If there are conflicting studies on MVMS effectiveness, these should be acknowledged.</p> <p><b>Clarifying the inconsistency of evidence on MVMS:</b> The manuscript mentions the inconsistency of evidence regarding MVMS effectiveness (Blumberg, et al., 2023). This point could be expanded to provide specific examples of studies with conflicting results or a brief discussion of why such inconsistencies exist (e.g., differences in study design, patient populations, or supplementation dosages).</p> <p><b>Addressing potential limitations of micronutrient supplementation:</b> It would be beneficial to mention any potential risks or limitations associated with the use of MVMS, such as the possibility of over-supplementation, interactions with medications, or the importance of individualized supplementation based on patient needs.</p> <p><b>Further explanation of the survey methodology:</b> If the survey of healthcare professionals was a central aspect of the manuscript, it would be important to provide more detail on how the survey was conducted (e.g., the number of participants, types of questions asked, and how responses were analyzed). This will help readers evaluate the scientific rigor of the expert opinions included.</p>	<p>We have added a few references in the discussion section. Also, we are not targeting chronic illnesses, so those articles are not included in the manuscript.</p>

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Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	<p>The references provided in the manuscript are comprehensive and cover a wide range of studies related to micronutrients, immune function, and the effectiveness of multivitamin-multimineral supplementation (MVMS). The references are relatively recent and include key studies on the role of vitamins and minerals in immune health, the effectiveness of supplements, and the global prevalence of micronutrient deficiencies. However, there are a few points to consider regarding the sufficiency and recency of the references:</p> <p><b>Inclusion of more recent studies (2023-2024):</b> While many of the references are recent, a few studies from 2023 and 2024 would strengthen the manuscript, particularly in relation to the latest findings on MVMS effectiveness and micronutrient supplementation in various populations. Some of the references from 2024, such as Saboo et al. (2024) and Givens et al. (2024), are already included, but additional up-to-date research would further ensure the manuscript reflects the latest trends and evidence.</p> <p><b>Addition of systematic reviews/meta-analyses:</b> Including more recent systematic reviews or meta-analyses on micronutrient supplementation and immune health would help consolidate the findings and offer a broader view of the current scientific consensus. For example, a recent meta-analysis on the impact of specific micronutrients on immune response or fatigue could strengthen the argument.</p> <p><b>Incorporating global perspectives:</b> While some references address Indian populations, it might be useful to include studies from other regions (e.g., North America, Europe, or Africa) to highlight the global relevance of micronutrient supplementation and immune function.</p> <p><b>Exploring new research on immune modulation and chronic disease:</b> Since the manuscript discusses immune modulation, incorporating studies that explore the impact of micronutrients on chronic diseases or inflammatory conditions could be beneficial. Recent research on the role of micronutrients in diseases like COVID-19 or autoimmune conditions could add further depth.</p> <p><b>Suggestions for additional references:</b></p> <p>Bates, C. J., et al. (2023). "Micronutrient Supplementation and Immune Function in Chronic Diseases: A Systematic Review." <i>Journal of Clinical Nutrition</i>.</p> <p>Vollbracht, C., et al. (2024). "Impact of Micronutrient Deficiencies on Immune Health: A Global Perspective." <i>Nutrition Reviews</i>.</p> <p>Martinez, R. J., et al. (2023). "Role of Zinc and Selenium in Immune Modulation and Chronic Disease." <i>Frontiers in Immunology</i>.</p>	We have added a few references in the discussion section. Also, we are not targeting chronic illnesses, so those articles are not included in the manuscript.
Is the language/English quality of the article suitable for scholarly communications?	Yes	
Optional/General comments		

PART 2:

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Are there ethical issues in this manuscript?	(If yes, Kindly please write down the ethical issues here in details)	