Responses to the comments of Reviewer 2

The authors focus on evaluating of sensation and number of anal gas evacuations to a challenge diet rich in fermentable residues in healthy subjects and the improvement by additional consumption of a fermented milk product with several probiotica. Since the treatment of gastrointestinal symptoms is very complex and needs personalized nutrition, probiotic food is a very important tool for improvement.

Although these results are very contributing, there are some issues that should be taken into consideration:

Title

Probiotics should be mentioned all or not at all. Tolerance may not be the optimal word, because it suggests the context of compliance Therefore: A fermented milk product improves gastrointestinal comfort to a challenge diet...

Title revised as suggested.

Abstract

Line 18: ..improving the digestive comfort..

Line 19: ..66? healthy subjects..

Line 20: ..containing..: again authors should specify all of no probiotic also in line 29.

Line 21: ..intestinal gas-related symptoms or digestive sensations like in 2.5

Text revised following up the comments above.

Introduction

A small paragraph on the importance of the principal positive role of human intestinal gases, like their role as gasotransmitters in anti-inflammatory, -oxidative and neuroprotective context is missing.

Done, lines 73-76.

Subjects and Methods

- Were there men and women in the investigated group?

Yes, information included in lines 100 and 151.
- Give more details to the food habits of the subjects. Did they have a constant omnivorous or vegetarian or...diet for at least 6 months? What about allergies or food intolerances?

All participants followed a non-restrictive, omnivorous diet without any change in dietary habits in the previous 4 weeks; allergies and food intolerances were excluded. Information included in Section 2.1.

- Specify in more detail the used questionnaires and their standardization quality. It is important to give some information to the time needed for data assessment. Was there given any standardized instruction to the participants?

Information included in Section 2.1.

- There should be explained, why you defined the number of days in the run-in phase.

A 15-day period in the run-in phase was allowed before the first flatulogenic diet to avoid potential carry-over effects of probiotic consumption in the habitual diet of the participants prior to their inclusion in the study. Information included in lines 138-140.

- The detailed information on qualitative and quantitative nutritive assessment is missing. Details on the background information to the challenge diet are missing. What was the nutrient and fiber content and what are the considerations in comparison to real life nutrition.

Information included in Section 2.3.

Results

Data and SD (age, gender, BMI) of participants is missing

Data included in line 251.

Discussion

The authors should discuss the importance of this study outcomes to daily food intake and/or nutraceutical applications.
Done as suggested.