Review sports-1101902 N. Imai, Y. Kobayashi, K. Uenishi "The intake of kiwifruits improve the potential antioxidant capacity in middle- and long-distance runners routinely exposed to oxidative stress in Japan"

The paper reports interesting results of two human intervention trials 30 and 20 male runners. The authors investigated effects of daily consumption of two yellow kiwifruits on parameters of oxidative stress/antioxidant capacity in blood serum. In addition, serum creatine kinase and lactate dehydrogenase were investigated to check for muscle damage. Thus, the authors presented interesting new data, being valuable for scientists as well as for athletes. One positive aspect of the intervention studies is the use of fruits instead of supplements, being often recommended to protect against oxidative stress.

However, there are some points to be corrected to improve the quality of the manuscript:

Title:	as you only investigated the effects of kiwifruits in male runners and there are perhaps gender specific effects, the sex of the volunteers should be mentioned in the title
Line 23:	four of the keywords are already mentioned in the title; please look for alternatives
Line 42:	the phrase needs to be re-worded as it is not clear
Line 43:	kiwifruit with up to 2.5 µg/100 g of vitamin E is not rich in vitamin E considering the reference intake values up to 15 mg/d; I recommend to delete vitamin E there
Lines 45/46:	the phrase needs to be re-worded as it is not clear
Line 54:	please change "content" into "contents" and change "100g" into "100 g"
Table 1:	please change twice "zinc" into "Zinc"
Line 64:	please change "high antioxidants" into "high in antioxidants"
Lines 66/67:	can you please give at least a weight range for the two fruits consumed to know how much fruit was approx. eaten per day
Line 97:	please give some more details, not only "colorless aromatic amine solution"
Line 104:	can you please give a reference for the two methods to check the oxidative status/antioxidant capacity as well as for the reference values
Lines 109/110:	please give some more details, not only "thiocyanate derivative"
Line 116:	can you please give a reference for the reference values
Table 3:	as this table does not give much information it should be removed; giving the information that the data were not correlated in the main text is sufficient
Line 162:	please change "higher the Intake group than the Control" into "higher in the Intake group than in the Control"
Discussion:	please discuss more in detail the physiological relevance of the two markers of oxidative stress/antioxidant capacity used in the two trials; a long-time discussion on reliability of antioxidant status markers is already published, several other markers (e.g. F2-isoprostanes, Ox-LDL and 8-OHdG) of oxidative stress were meanwhile approved e.g. by the EFSA; please discuss these aspects in your manuscript