



SDI Review Form 1.6

Journal Name:	Asian Journal of Medicine and Health
Manuscript Number:	Ms_AJMAH_31634
Title of the Manuscript:	Some haematological and hemostatic indexes in young semi-vegetarians in sub-Sahara Africa.
Type of the Article	

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:
(<http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline>)

PART 1: Review Comments

	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)
Compulsory REVISION comments	This work provides additional support to the existing literature supporting the safety and likely superiority of vegetarian diets. It's likely that while the bioavailability of the iron present in plant foods in lower, the high concentrations of Vitamin C in plant-based foods (devoid in animal foods) promotes better intestinal absorption of iron, since Vitamin C is necessary for iron absorption. Sources of iron in plant foods, such as greens and whole grains, appear to be good sources of iron for vegetarian diets and serve to maintain healthy hemoglobin levels, as appears to be the case in this population.	
Minor REVISION comments		
Optional/General comments		

Reviewer Details:

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