

## REVIEWER'S REPORT

Manuscript No.: **IJAR-52740**

Date: July 11, 2025

**Title: Running on Supplements: Evaluating the Effects of Protein Supplements, Creatine, and Multivitamins on Adolescent Health**

### Recommendation:

Accept as it is .....  
 Accept after minor revision...X.....  
 Accept after major revision .....  
 Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		X		
Techn. Quality			X	
Clarity			X	
Significance		X		

Reviewer Name: Prof. Dr. Mario A. Fetalver.

**Date:** July 11, 2025

### Reviewer's Comment for Publication.

This paper presents valuable empirical evidence on adolescent supplement use, combining biochemical data with behavioral insights. It highlights critical health considerations and calls for informed supervision. Strong in structure and scope, the manuscript would benefit from improved clarity and consistency in writing.

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### Detailed Reviewer's Report

Criteria	Commendation	Revision Needed
<b>TITLE</b>	The title is informative and captures the core idea of the research, which centers on evaluating the effects of supplements on adolescent health.	Consider making the title more precise by clarifying that it includes biochemical and physiological analysis (e.g., "A Cross-Sectional Study of Biochemical and Physiological Effects...").
<b>ABSTRACT</b>	The abstract clearly states the objective, methods, results, and implications of the study. It presents the findings in a logical sequence.	Add a clearer definition of the study type ("cross-sectional mixed-method study") and avoid redundancy. Consider tightening phrasing and improving grammar for better academic tone.
<b>KEYWORDS</b>	Keywords are relevant and reflect the study's scope (e.g., "Adolescents," "Protein Supplements," "Biochemical Markers").	Rearrange the keywords alphabetically and use semicolons for separation. Consider adding a keyword like "Cross-sectional Study" or "Health Risk."
<b>INTRODUCTION</b>	The introduction gives a well-referenced and up-to-date overview of literature, identifying	Some sentences are repetitive or loosely structured. Improve transitions and

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	adolescent supplement use as a rising trend with associated risks.	clarity. Include a more concise statement of the research gap and objectives at the end.
<b>METHODOLOGY</b>	Mixed-methods design is well-described. Participant categorization and the dual-phase approach (survey + biochemical testing) are clear and replicable.	Clarify sampling type as non-probability purposive, and justify choice. Improve grammar and flow. Provide citation for ethical approval standards followed.
<b>RESULTS AND DISCUSSION</b>	Rich data presented with clear use of tables and figures. Discussion interprets findings meaningfully with appropriate literature support.	Use subheadings to organize themes in the discussion section (e.g., "Side Effects," "Biochemical Changes"). Condense redundant descriptions, especially in figures. Provide clearer comparison with past research.
<b>CONCLUSION</b>	Strong takeaways on the need for supervised use of supplements and awareness among adolescents. Practical recommendations are offered.	Avoid repetitive phrases and restate the main contributions clearly. Include a more defined call to action for stakeholders like schools, guardians, and health professionals.
<b>REFERENCES</b>	Includes updated and relevant references (2012–2025), with well-selected journal articles and narrative reviews.	Ensure all citations follow APA 7 formatting strictly—capitalize proper nouns, italicize journal titles, provide retrieval info or DOI/tinyurl. Remove duplicate hyperlinks.
<b>GRAMMAR &amp; ORIGINALITY</b>	Content is original and shows thorough understanding of the topic. Uses technical terms appropriately.	Conduct a final grammar and structure check using tools like Grammarly. Some sections contain awkward phrasing, run-ons, or informal expressions that need revision.
<b>TABLES/FIGURES/EQUATIONS</b>	Tables and figures are informative and complement the findings, especially Figures 1–3 and Tables 3–4.	Ensure all figures are labeled properly and referenced clearly in-text. Some images appear squeezed—improve layout/formatting for clarity.
<b>STATISTICAL RESULTS</b>	Correct use of One-Way ANOVA and p-values is evident. Results support claims made in the discussion.	Explicitly state effect sizes or confidence intervals where applicable. Note that statistically insignificant findings still have interpretive value and should be discussed accordingly.