

REVIEWER'S REPORT

Manuscript No.: IJAR-52740

Date: 11/07/2025

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 ☐☐☐☐

Accept after major revision ☐☐☐☐☐

Do not accept (*Reasons below*) ☐☐☐

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

Reviewer Name: Sakshi Jaju

Date: 11/07/2025

Reviewer's Comment for Publication.

Abstract:

The abstract clearly explains the aim of the study. It discusses how protein supplements, creatine, and multivitamins affect adolescents. The study uses both questionnaires and blood tests. The abstract mentions key findings like small changes in kidney and liver markers. It is informative but should be made shorter and simpler for easier reading.

Introduction:

The introduction explains why supplement use in teenagers is increasing. It talks about social pressure, gym culture, and fitness trends. The authors describe how protein, creatine, and vitamins may help but also cause side effects. This section is clear and gives a good reason for doing the study.

Methodology:

100 adolescents aged 13–18 were studied. They were divided into four groups: Protein users, Creatine users, Multivitamin users, and Non-users. A questionnaire, anthropometric measurements, and blood tests were used. Parameters like BMI, blood pressure, ALT, creatinine, vitamin D, and hemoglobin were tested. Data was analyzed using ANOVA, and significance was checked at $p < 0.05$. The method is well structured and easy to follow.

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Result and Discussion:

Most teens took supplements for muscle gain, performance, or general health. Coaches and online sources were the main sources of supplement advice. 17% of users had side effects like fatigue, cramps, or stomach pain. Protein and creatine users had slightly higher creatinine and ALT levels, but still within normal limits. Multivitamin users had higher vitamin D levels. The discussion compares results with earlier studies and highlights the risks of unsupervised supplement use.

Relevance and Contribution:

The study is important because many teenagers use supplements without medical advice. It gives useful data about the early effects of these products on health. It will help parents, doctors, and educators guide young people better.

Clarity and Organization:

The paper is well organized and informative. However, there are some grammar issues and long, complex sentences. Some headings and tables need better formatting. A little language editing will improve the flow.

Overall Assessment:

This is a well-designed and timely study. The findings are important for teen health awareness. With minor changes in grammar and sentence simplification, the article can be published.

Recommendation:

Manuscript accepted for the publication after Minor revision