

Editorial Comments:

In this revised manuscript, I have corrected some typographical errors. Therefore, I urge the authors to make the additional corrections (as mentioned below) on this revised version. The authors need to go through the final revised manuscript for accuracy and consistency of information.

I would like to mention that this article is not a review. This is a full-length research manuscript.

Line 85. Mention the source of the Wister rats used

Line 88. Mention the source of "standard rat chow pellet"

Line 97. Mention the name and source of the commercial jelly cubes

Line 125. Mention the source/brand of the isometric force transducer

Line 162. Change $P=.05$ to $P \leq 0.05$

Line 229 shows " *** $P < 0.0001$ t = 0 min vs. t = 120 min PLA; PG". However, figure A shows the " *** " between 40 and 60 seconds. Clarify/change accordingly for uniformity.

Line 270-271 shows " *** $P < 0.0001$ PLA vs. PLA (Before fatigue vs. 5 min); PG vs. PG (Before fatigue vs. 5 min)". However, in Figure 3, the line that has " *** " is between "before fatigue" and 5-20 min after fatigue. This line needs to be adjusted to show only up to 5 min after fatigue

Author's Feedback:

Dear Editor, thank you so much for your comments. We have addressed each of the points you have listed as follows:

1. *I would like to mention that this article is not a review. This is a full-length research manuscript.*

We have removed the heading "review article" and replaced it with "full-length research manuscript". We are not sure how that mistake slipped in, as we did not submit the above mentioned paper as a review, but as a full-length research manuscript.

2. *Line 85. Mention the source of the Wister rats used*

The Wistar rats used were imported from Charles River Laboratories International, Inc., Wilmington, Massachusetts. We have added this information to the manuscripts (lines 85 -86).

3. *Line 88. Mention the source of "standard rat chow pellet"*

The pellets was purchased from Nutroscience (Pty) Ltd, Malmesbury, SA. We have added this information to the manuscripts (line 89).

4. *Line 97. Mention the name and source of the commercial jelly cubes*

Moir's, raspberry flavoured jelly and Sheridans, clear and unflavoured, gelatine was used. The jelly is produced by Bokomo Foods, a division of Pioneer foods (Pty) Ltd, Paarl, SA and the gelatine is produced by Libstar Manufacturing solutions (Pty) Ltd, Johannesburg, SA. We have added this information to the manuscripts (lines 99-100).

5. *Line 125. Mention the source/brand of the isometric force transducer*

The isometric force transducer used was a sensitive force transducer (MLT 0202), purchased from ADInstruments, Inc., Colorado Springs, CO. We have added this information to the manuscripts (lines 128-129).

6. *Line 162. Change $P=.05$ to $P \leq 0.05$*

We have made the correction in the text, line 165.

7. *Line 229 shows “ *** $P < 0.0001$ $t = 0$ min vs. $t = 120$ min PLA; PG”. However, figure A shows the “ *** ” between 40 and 60 seconds. Clarify/change accordingly for uniformity.*

We do apologize for the misunderstanding regarding the indication of significance in Figures 2. We do indeed highlight the significance between $t = 0$ vs. $t = 120$ and not between $t = 40$ and $t = 60$. The *** are on top of the line stretching from $t = 0$ to $t = 120$. We have changed this to eliminate any confusion that it may cause and have also changed the text below the graph to accommodate the changes made in Figure 2, lines 246-247.

8. *Line 270-271 shows “ *** $P < 0.0001$ PLA vs. PLA (Before fatigue vs. 5 min); PG vs. PG (Before fatigue vs. 5 min)”. However, in Figure 3, the line that has “ *** ” is between “before fatigue” and 5-20 min after fatigue. This line needs to be adjusted to show only up to 5 min after fatigue*

Again, we apologize for the misunderstanding regarding the indication of significance in Figures 3. We do indeed highlight the significance between “before fatigue” and “5 min after fatigue” for both PLA and PG groups. We have changed this to eliminate any confusion that it may cause.

We trust that we have answered all your questions and clarified the misunderstandings. The changes have been agreed upon by all the authors involved.