

Impact of collagen peptide supplementation in combination with long-term physical training on strength, musculotendinous remodeling, functional recovery and body composition in healthy adults – A systematic review with meta-analysis

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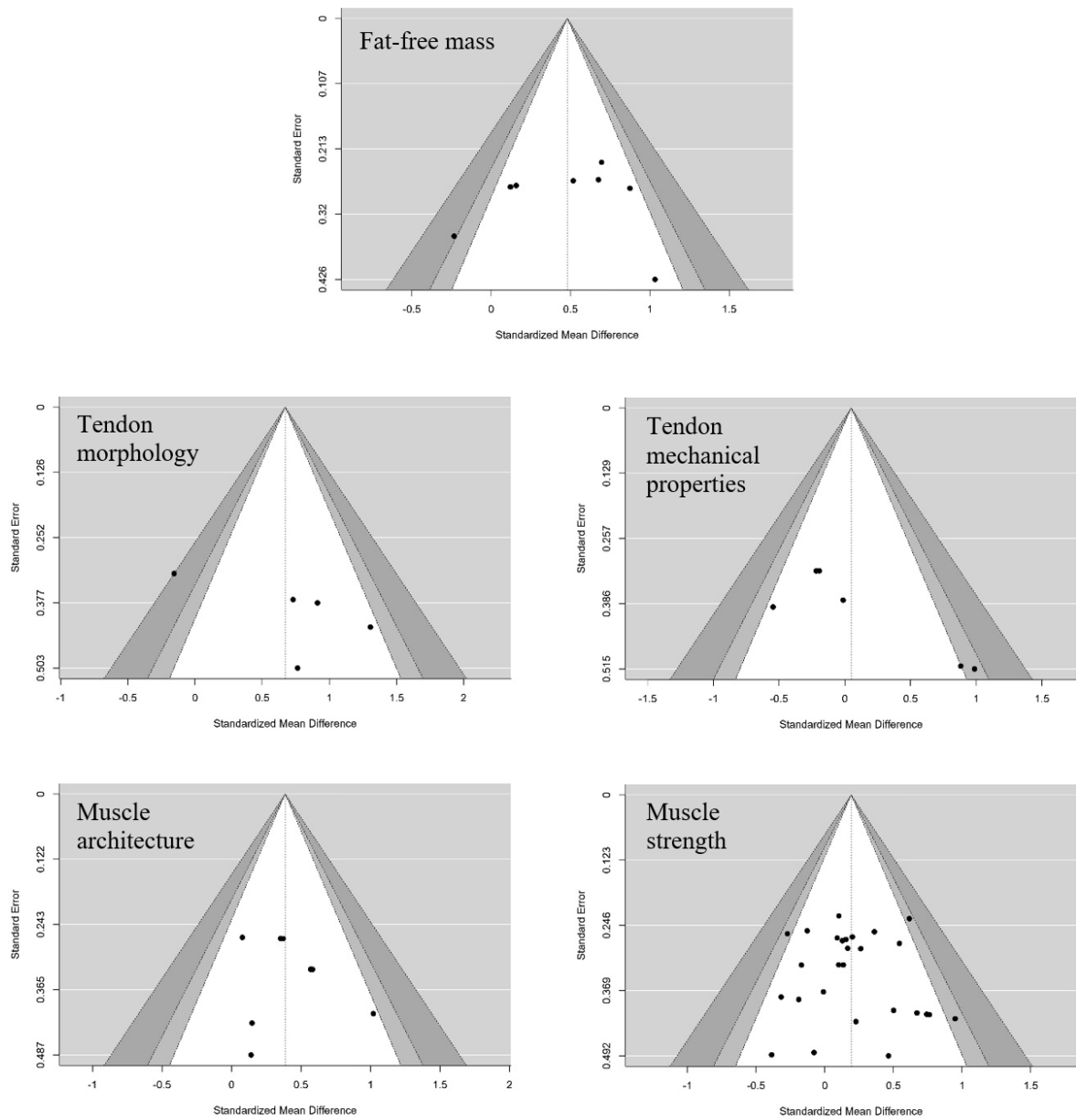


Figure S1: Funnel plots of fat-free mass, tendon morphology, mechanical properties, muscle architecture and strength from top left to bottom right. Black points indicate individual studies.

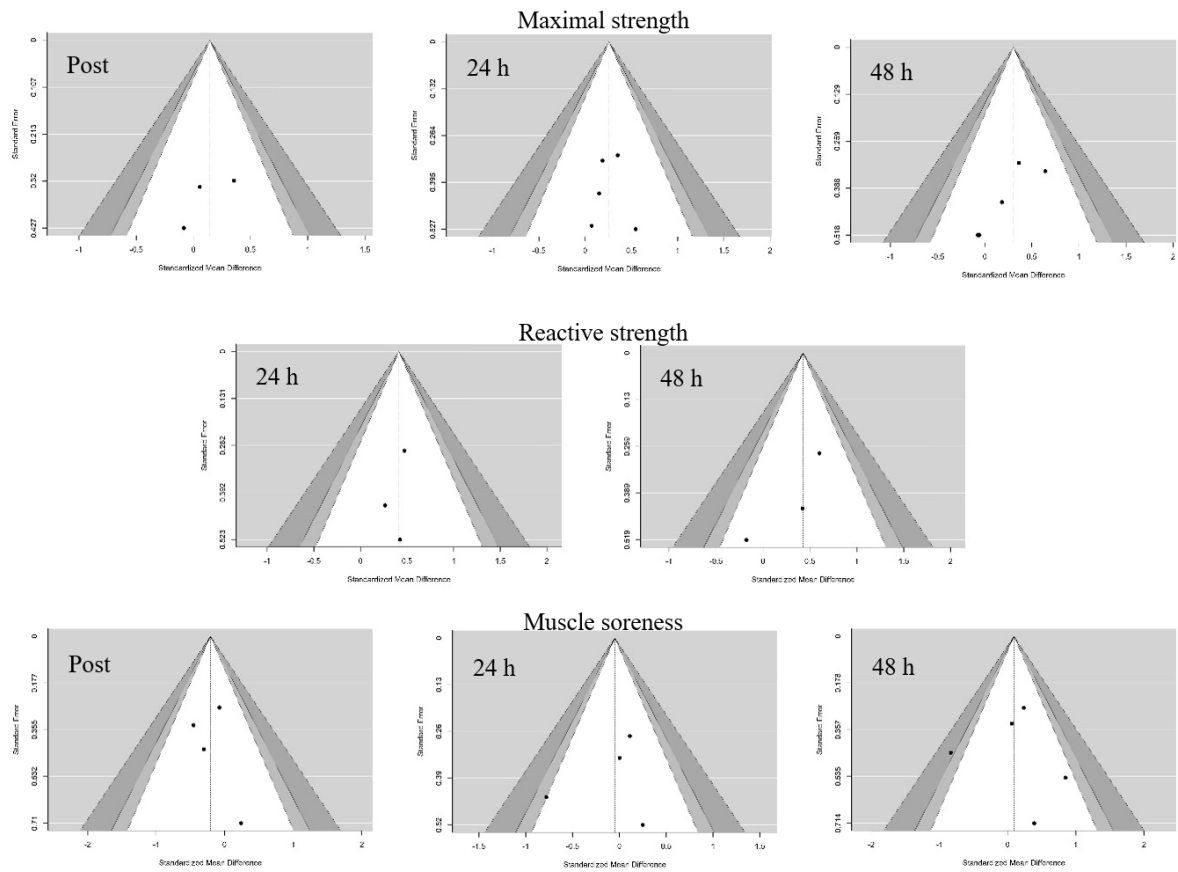


Figure S2: Funnel plots of recovery related parameters. Black points indicate individual studies.