

Supplemental Table 1 Arterial plasma amino acid concentrations following ingestion of 10g of essential amino acids in young men and women¹

	Time post-nutrient ingestion ----->													
	Baseline		15 min		30 min		45 min		60 min		120 min		180 min	
	CTRL	LEU	CTRL	LEU	CTRL	LEU	CTRL	LEU	CTRL	LEU	CTRL	LEU	CTRL	LEU
<i>Essential</i>	<i>μmol · L⁻¹</i>													
His	46 ± 8	54 ± 7	56 ± 12	54 ± 7	75 ± 18*	74 ± 8	91 ± 19*	89 ± 12*	79 ± 17*	83 ± 17*	51 ± 8	61 ± 13	49 ± 9	51 ± 9
Ile	68 ± 5	70 ± 8	138 ± 19*	180 ± 25*	252 ± 33*	239 ± 17*	289 ± 25*	283 ± 41*	240 ± 15*	194 ± 18*	133 ± 11	92 ± 8	96 ± 9	46 ± 2 [†]
Leu	121 ± 7	123 ± 4	242 ± 29*	519 ± 113* [†]	434 ± 59*	838 ± 68* [†]	441 ± 46*	890 ± 82* [†]	437 ± 33*	722 ± 75* [†]	243 ± 14*	375 ± 44* [†]	197 ± 15*	231 ± 17*
Lys	194 ± 9	194 ± 8	266 ± 22*	301 ± 27*	359 ± 29*	341 ± 28*	422 ± 50*	380 ± 46*	372 ± 28*	321 ± 37*	246 ± 17	235 ± 14	201 ± 11	175 ± 15
Met	29 ± 1	31 ± 2	38 ± 3	50 ± 6* [†]	53 ± 4*	61 ± 5*	54 ± 3*	62 ± 7*	46 ± 2*	51 ± 4*	31 ± 2	32 ± 2	26 ± 1	23 ± 1*
Phe	54 ± 2	58 ± 4	86 ± 7*	111 ± 16*	139 ± 16*	164 ± 14*	153 ± 16*	188 ± 15* [†]	145 ± 11*	158 ± 17*	91 ± 5*	103 ± 8*	75 ± 4	79 ± 6
Thr	162 ± 8	99 ± 15	151 ± 27	151 ± 23	189 ± 34	172 ± 20*	275 ± 46*	208 ± 17*	232 ± 37*	214 ± 28*	184 ± 34	164 ± 28	179 ± 23	110 ± 13
Trp	51 ± 2	51 ± 4	47 ± 3	78 ± 5	47 ± 3	43 ± 3*	43 ± 2	44 ± 3*	45 ± 5	41 ± 3*	35 ± 2*	35 ± 4*	33 ± 3*	30 ± 3*
Val	194 ± 15	209 ± 13	230 ± 19	274 ± 33	373 ± 35*	392 ± 37*	461 ± 37*	420 ± 25*	470 ± 38*	400 ± 25*	318 ± 26*	245 ± 12	239 ± 26	192 ± 10
<i>Non-essential</i>														
Ala	258 ± 30	270 ± 28	169 ± 23*	207 ± 24*	217 ± 30	217 ± 35	210 ± 30	231 ± 34	235 ± 41	259 ± 46	180 ± 21*	187 ± 41*	166 ± 21*	162 ± 22*
Asn	51 ± 2	56 ± 5	44 ± 2	41 ± 2	46 ± 3	44 ± 3*	43 ± 2	44 ± 3	40 ± 3*	42 ± 3*	37 ± 3*	37 ± 5*	35 ± 3*	32 ± 3*
Asp	44 ± 3	46 ± 2	28 ± 2*	39 ± 2	36 ± 2	35 ± 2*	26 ± 1*	35 ± 2*	39 ± 7	38 ± 3	35 ± 2	41 ± 4	32 ± 1*	33 ± 2*
Glu	168 ± 11	196 ± 15	131 ± 16*	142 ± 13*	162 ± 14	150 ± 9*	128 ± 16*	145 ± 19*	142 ± 5	152 ± 16*	127 ± 9*	131 ± 11*	114 ± 9*	110 ± 11*
Gln	367 ± 47	382 ± 52	406 ± 40*	358 ± 66*	437 ± 36	412 ± 65*	476 ± 40*	445 ± 59*	470 ± 43	422 ± 77*	374 ± 40*	330 ± 51*	395 ± 32*	327 ± 50*
Gly	281 ± 22	270 ± 22	217 ± 21	208 ± 32	232 ± 16	224 ± 28*	205 ± 14	217 ± 33*	231 ± 24*	215 ± 19*	221 ± 26*	183 ± 18*	225 ± 19*	208 ± 10*
Orn	83 ± 2	102 ± 6	70 ± 4	94 ± 20	66 ± 4	62 ± 3*	62 ± 4	83 ± 17	64 ± 9	67 ± 4	58 ± 3*	67 ± 4*	49 ± 3*	50 ± 3*
Pro	176 ± 6	179 ± 21	162 ± 10	171 ± 28	156 ± 7	154 ± 21	152 ± 4	155 ± 19	158 ± 14	147 ± 20	136 ± 4	137 ± 18	132 ± 7	121 ± 14
Ser	157 ± 15	120 ± 10	171 ± 7	111 ± 26	191 ± 10	100 ± 6	126 ± 25	101 ± 10	145 ± 21	106 ± 12	150 ± 11	98 ± 11	143 ± 16	83 ± 8
Tyr	57 ± 2	61 ± 5	62 ± 3	58 ± 4	75 ± 5*	68 ± 5	86 ± 7*	85 ± 12*	79 ± 3*	76 ± 3	65 ± 1	62 ± 6	57 ± 2	50 ± 2*

¹Values are presented as mean ± SEM, n=14. *Significantly different from Baseline within group, $P \leq 0.05$. [†]Significantly different from CTRL, $P \leq 0.05$.