

### Online Supporting Material

**Supplemental Table 2** Serum insulin, plasma lactate and glucose concentrations in young adults at rest during the post-exercise recovery period following ingestion of the protein blend (PB) or whey protein (WP) 1 h after completion of resistance exercise<sup>1</sup>

	Rest	Time post-ingestion (min)						
		0	20	40	60	80	100	140
Insulin		<i>pmol/L</i>						
PB	27 ± 4	35 ± 9	60 ± 14*	68 ± 10*	43 ± 7	29 ± 4	27 ± 3	22 ± 2
WP	24 ± 2	28 ± 5	60 ± 9*	70 ± 14*	49 ± 8*	31 ± 6	21 ± 3	16 ± 3
Lactate		<i>mmol/L</i>						
PB	0.80 ± 0.04	2.18 ± 0.31*	1.48 ± 0.15*	1.15 ± 0.11*	1.03 ± 0.08*## <sup>2</sup>	0.88 ± 0.06#	0.89 ± 0.09	0.82 ± 0.08
WP	0.85 ± 0.07	2.47 ± 0.32*	1.69 ± 0.22*	1.45 ± 0.16*	1.31 ± 0.11*	1.16 ± 0.13*	0.98 ± 0.11	0.94 ± 0.18
Glucose		<i>mmol/L</i>						
PB	4.90 ± 0.08	5.18 ± 0.29	4.99 ± 0.21	5.05 ± 0.13	4.98 ± 0.08	4.96 ± 0.09	4.90 ± 0.08	4.89 ± 0.07
WP	4.93 ± 0.07	5.12 ± 0.22	5.04 ± 0.14	5.05 ± 0.13	4.96 ± 0.09	4.96 ± 0.08	4.97 ± 0.07	4.95 ± 0.06

<sup>1</sup>Data are mean ± SEM, n=9 (WP) or 10 (PB). \*Different from Rest, P < 0.05. Symbols indicate different from PB: #P < 0.05,

<sup>2</sup>Symbols indicate different from PB: ##P = 0.07.