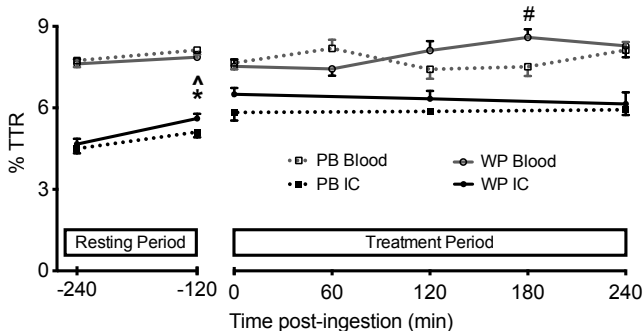


## Supplemental Figure 1



Blood and intracellular (IC) muscle  $^{13}\text{C}_6$  phenylalanine enrichment as % tracer to trace ratio (TTR) 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. Data are mean  $\pm$  SEM,  $n=9$  (WP) or  $10$  (PB). Data are presented at Rest (-240 and -120 min) and post-ingestion treatment (0, 60, 120, 180 and 240 min) periods. \*Difference across time for that time period,  $P < 0.05$ ; #Different from PB at that time,  $P < 0.05$ , ^Different from PB at that time,  $P = 0.07$ .