

S3 Table. Gastrointestinal side effects during SB and PLA supplementation.

	SB trial					PLA trial				
	day 1	day 3	day 5	day 8	day 10	day 1	day 3	day 5	day 8	day 10
Stomach problems	1.0 ± 1.0	1.0 ± 1.0	1.0 ± 1.2	0.5 ± 0.9	0.3 ± 0.7	1.0 ± 1.3	0.5 ± 0.8	0.7 ± 1.0	0.5 ± 0.9	0.4 ± 0.7
Nausea	0.3 ± 0.6	0.3 ± 0.6	0.2 ± 0.5	0.1 ± 0.5	0.1 ± 0.3	0.2 ± 0.4	0.4 ± 0.6	0.2 ± 0.5	0.3 ± 0.6	0.2 ± 0.5
Dizziness	0.1 ± 0.3	0.2 ± 0.4	0.1 ± 0.3	0.0 ± 0.2	0.0 ± 0.0	0.2 ± 0.4	0.1 ± 0.4	0.2 ± 0.4	0.1 ± 0.3	0.1 ± 0.3
Headache	0.6 ± 0.5	0.6 ± 1.0	0.6 ± 1.1	0.4 ± 0.8	0.5 ± 0.9	0.5 ± 0.9	0.5 ± 0.9	0.3 ± 0.8	0.2 ± 0.6	0.3 ± 0.8
Flatulence	0.3 ± 0.6	0.1 ± 0.5	0.2 ± 0.4	0.2 ± 0.4	0.2 ± 0.4	0.2 ± 0.5	0.2 ± 0.4	0.3 ± 0.5	0.2 ± 0.4	0.1 ± 0.4
Urge to urinate	0.3 ± 0.6	0.1 ± 0.4	0.4 ± 0.5	0.1 ± 0.4	0.1 ± 0.3	0.2 ± 0.4	0.3 ± 0.6	0.2 ± 0.4	0.2 ± 0.4	0.1 ± 0.4
Urge to defecate	0.4 ± 0.7	0.4 ± 0.7	0.3 ± 0.6	0.1 ± 0.4	0.4 ± 0.9	0.5 ± 1.0	0.5 ± 1.0	0.5 ± 1.0	0.5 ± 0.9	0.2 ± 0.5
Belching	0.4 ± 1.0	0.5 ± 0.8	0.3 ± 0.6	0.2 ± 0.5	0.3 ± 0.6	0.2 ± 0.5	0.1 ± 0.4	0.2 ± 0.4	0.4 ± 0.7	0.1 ± 0.5
Heartburn	0.3 ± 0.6	0.3 ± 0.6	0.5 ± 0.9	0.1 ± 0.5	0.1 ± 0.4	0.4 ± 0.7	0.2 ± 0.6	0.0 ± 0.2	0.1 ± 0.5	0.2 ± 0.6
Bloating	0.4 ± 0.9	0.3 ± 0.6	0.6 ± 1.1	0.4 ± 0.8	0.2 ± 0.6	0.5 ± 0.9	0.4 ± 0.9	0.3 ± 0.7	0.4 ± 0.7	0.4 ± 0.8
Stomach cramps	0.2 ± 0.4	0.1 ± 0.5	0.3 ± 0.8	0.2 ± 0.5	0.2 ± 0.8	0.3 ± 0.6	0.2 ± 0.5	0.5 ± 0.9	0.4 ± 0.8	0.3 ± 0.8
Intestinal cramps	0.4 ± 0.7	0.2 ± 0.4	0.1 ± 0.3	0.0 ± 0.2	0.1 ± 0.3	0.2 ± 0.2	0.1 ± 0.5	0.2 ± 0.4	0.2 ± 0.4	0.2 ± 0.5
Urge to vomit	0.0 ± 0.0	0.0 ± 0.0	0.1 ± 0.3	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.2	0.0 ± 0.2	0.0 ± 0.0	0.1 ± 0.3	0.1 ± 0.3
Vomiting	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
Diarrhea	0.5 ± 0.9	0.3 ± 0.6	0.3 ± 0.6	0.3 ± 0.8	0.2 ± 0.7	0.4 ± 0.9	0.3 ± 0.8	0.5 ± 1.0	0.3 ± 0.6	0.2 ± 0.4
Side ache left	0.0 ± 0.0	0.0 ± 0.0	0.1 ± 0.3	0.0 ± 0.2	0.0 ± 0.2	0.0 ± 0.2	0.0 ± 0.2	0.0 ± 0.0	0.0 ± 0.2	0.0 ± 0.0
Side ache right	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.2	0.0 ± 0.0	0.1 ± 0.3	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
Muscle cramps	0.4 ± 0.8	0.1 ± 0.4	0.2 ± 0.5	0.2 ± 0.6	0.2 ± 0.6	0.5 ± 1.0	0.5 ± 0.9	0.2 ± 0.6	0.2 ± 0.6	0.2 ± 0.5
Cold shivering	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.2	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0s	0.0 ± 0.0	0.0 ± 0.2

Data are mean ± SD. SB, sodium bicarbonate; PLA, placebo.