

Additional File 4. Quadriceps Muscle Soreness Over Time following German Volume Training with, and without Citrulline Malate.

	Pre	Post	24 h	48 h	72 h
Citrulline Malate	14.3 ± 13.7	73.1 ± 31.4	75.8 ± 33.4	65.1 ± 31.1	30.3 ± 19.8
Placebo	14.2 ± 12.5	59.7 ± 31.6	56.3 ± 34.0	26.8 ± 16.8	11.3 ± 6.4
Mean Soreness	14.2 ± 12.9 ^a	66.4 ± 31.7 ^b	66.0 ± 34.5 ^{bc}	46.0 ± 31.4 ^c	20.9 ± 17.49 ^a
P Value Time			< 0.01		
P Value Treatment			< 0.01		
P Value Time × Treatment			0.01		

Additional File 4. Quadriceps Muscle Soreness Over Time following German Volume Training with, and without Citrulline Malate. ±, indicate standard deviation, means were compared using a repeated measures ANOVA. Post Hoc comparison was performed using a pairwise comparison and Bonferroni adjustment. There was a significant difference between treatment, time and treatment × time $P < 0.01$. Different letters indicate a significant difference between time points. Error bars indicate standard error of the mean, h, hours.