

Supplementary material

Figure S1. Maximum distance run in the exhaustion tests throughout the study. M=Monday, F=Friday, wk=week. The non-supplemented group is represented by white symbols, and the hesperidin group by black symbols. Data are expressed as mean \pm SEM (n=22-23). Statistical difference: *p < 0.05 between non-supplemented and the hesperidin-supplemented groups (Student's t-test).

