

Supplemental Table. Estimated mean differences and effect sizes for performance outcomes and body mass in response to 12 weeks of endurance exercise training in healthy, young males receiving either protein or placebo supplementation

	PLA change (<i>n</i> =26)	PRO change (<i>n</i> =30)	Mean difference (95% CI)	Effect size (95% CI)
VO _{2max} (L·min ⁻¹)	0.35±0.18	0.41±0.17	0.06 (-0.04 to 0.15)	0.33 (-0.20 - 0.86)
VO _{2max} (mL·min ⁻¹ ·kg ⁻¹)	5±3	5±2	0.46 (-0.91 to 1.83)	0.18 (-0.35 - 0.71)
W _{max} (W)	30±17	39±16	8.63 (-0.15 to 17.4)	0.53 (-0.006 - 1.06)
W _{max} (W·kg ⁻¹)	0.42±0.24	0.50±0.25	0.081 (-0.05 to 0.21)	0.33 (-0.20 - 0.86)
HR _{max} (bpm) ¹	0±5	0±5	-0.023 (-2.84 to 2.79)	-0.005 (-0.55 - 0.54)
RER _{max}	-0.02±0.06	-0.02±0.05	-0.0015 (-0.03 - 0.03)	-0.029 (-0.55 - 0.50)
Time-trial time (s)	-132±68	-165±100	-33.7 (-80.3 to 12.8)	-0.39 (-0.92 - 0.14)
Time-trial mean output (W)	34±16	42±20	7.93 (-1.92 to 17.8)	0.43 (-0.099 - 0.96)
Time-trial mean output (W·kg ⁻¹)	0.46±0.23	0.54±0.31	0.081 (-0.07 to 0.23)	0.29 (-0.24 - 0.82)
30IK total work (kJ)	170±173	181±225	11.3 (-97.7 to 120.2)	0.056 (-0.47 - 0.581)
LM (kg)	-0.1±1.1	0.5±1.1	0.52 (-0.06 to 1.09)	0.48 (-0.053 - 1.01)
Leg LM (kg)	0.2±0.6	0.5±0.7	0.32 (-0.03 to 0.66)	0.49 (-0.042 - 1.02)
FM (kg)	-0.7±1.4	-0.4±1.2	0.28 (-0.42 to 0.98)	0.21 (-0.31 - 0.74)
FM (%)	-0.7±1.3	-0.6±1.2	0.097 (-0.57 to 0.76)	0.079 (-0.45 - 0.60)

Data are presented as change POST-PRE mean±SD, estimated mean difference between interventions with 95% confidence interval (CI), and effect size with 95% CI. VO_{2max}: Maximum oxygen uptake, W_{max}: Maximal power, HR_{max}: Maximal heart rate, RER: Respiratory exchange ratio: CO_{2max}/VO_{2max}. LM: lean mass, FM: fat mass. ¹Due to technical failure HR_{max} data are shown for *n*=23 in the PLA group.