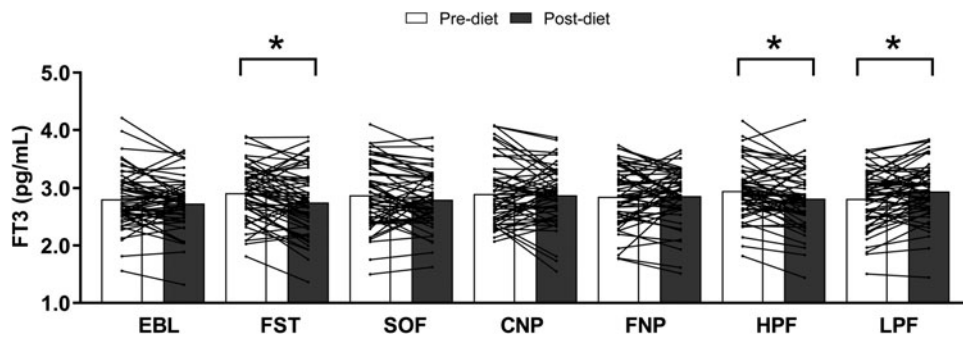
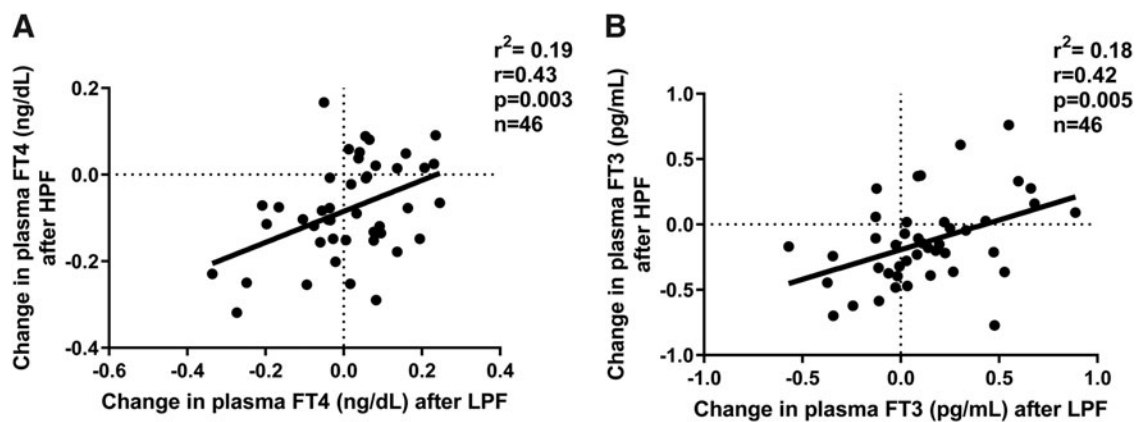


**SUPPLEMENTARY FIG. S4.** *ft4* concentrations before and after each dietary intervention. \* $p < 0.05$ . EBL, energy balance diet with 50% carbohydrate, 30% fat, and 20% protein.



**SUPPLEMENTARY FIG. S5.** *ft3* concentrations before and after each dietary intervention. \* $p < 0.05$ .



**SUPPLEMENTARY FIG. S6.** Relationships between changes in thyroid hormone concentrations after 24-hour low-protein and high-protein overfeeding diets. (A) The relationship between the change in plasma *ft4* concentration after LPF and the change in plasma *ft4* concentration after HPF. (B) The relationship between the change in plasma *ft3* concentration after LPF and the change in plasma *ft3* concentration after HPF (B). Associations were quantified by the Pearson correlation index. Diet composition: HPF (30% protein, 26% carbohydrate, 44% fat); LPF (3% protein, 51% carbohydrate, 46% fat).