

Supplementary Table 1. Dietary supplements used regularly by the donor.

Dietary supplement	Contents	Dosage
Whey protein	22-g protein, 2.4-g fat, 0.15-g fibre per 30 g	120 g daily
Maca (<i>Lepidium meyenii</i>) root	Proteins, fibre, vitamin C, vitamin B6, copper, iron, potassium, magnesium	500 mg daily
Tribulus (<i>Tribulus terrestris</i>)	Tribulus	1 g daily
Preworkout	Protein, creatine, vitamin C, vitamin E, vitamin B6, vitamin B12	5 times a week
BCAA after training	Protein	5 times a week
Creatine monohydrate	Creatine	5 g daily
Glutamine	Glutamine	5 g daily
Lakerol YUP Mix	30-g fibre	1 daily
Multivitamin capsules	Multivitamins	2 capsules daily
Vitamin C	Vitamin C	2 g daily
Vitamin D	Vitamin D	1 capsule daily
Zinc	Zinc	30 g daily
Magnesium	Magnesium	500 mg daily
Aerius (antihistamine)	Desloratadine	5 mg daily

BCAA, branched-chain amino acids

