

Figure S1. Funnel plot of the random-effects meta-analysis of changes in lymphocytes concentration.
Abbreviations: BC – bovine colostrum, PLA – placebo.

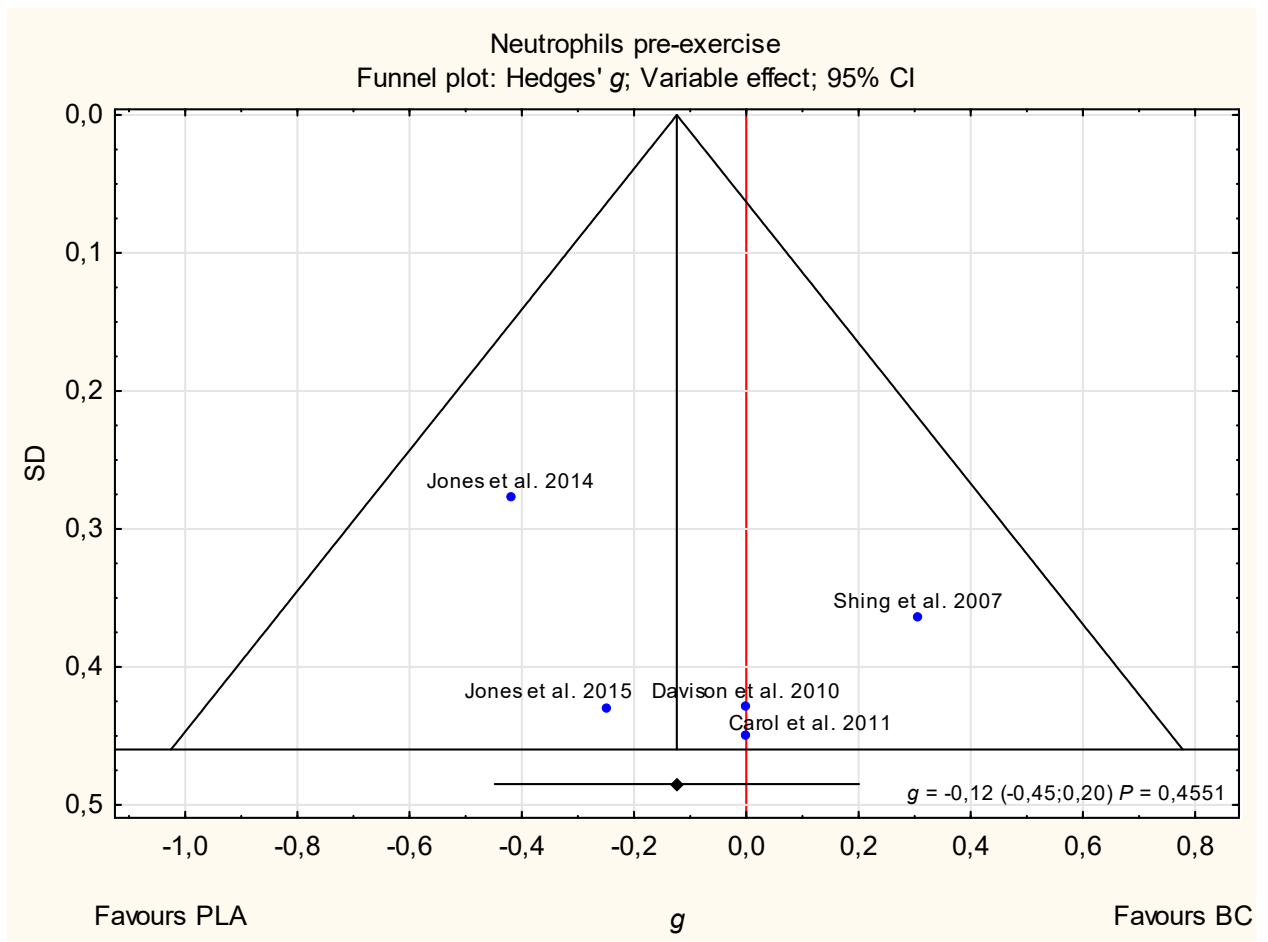


Figure S2. Funnel plot of the random-effects meta-analysis of changes in neutrophils concentration.
Abbreviations: BC – bovine colostrum, PLA – placebo.

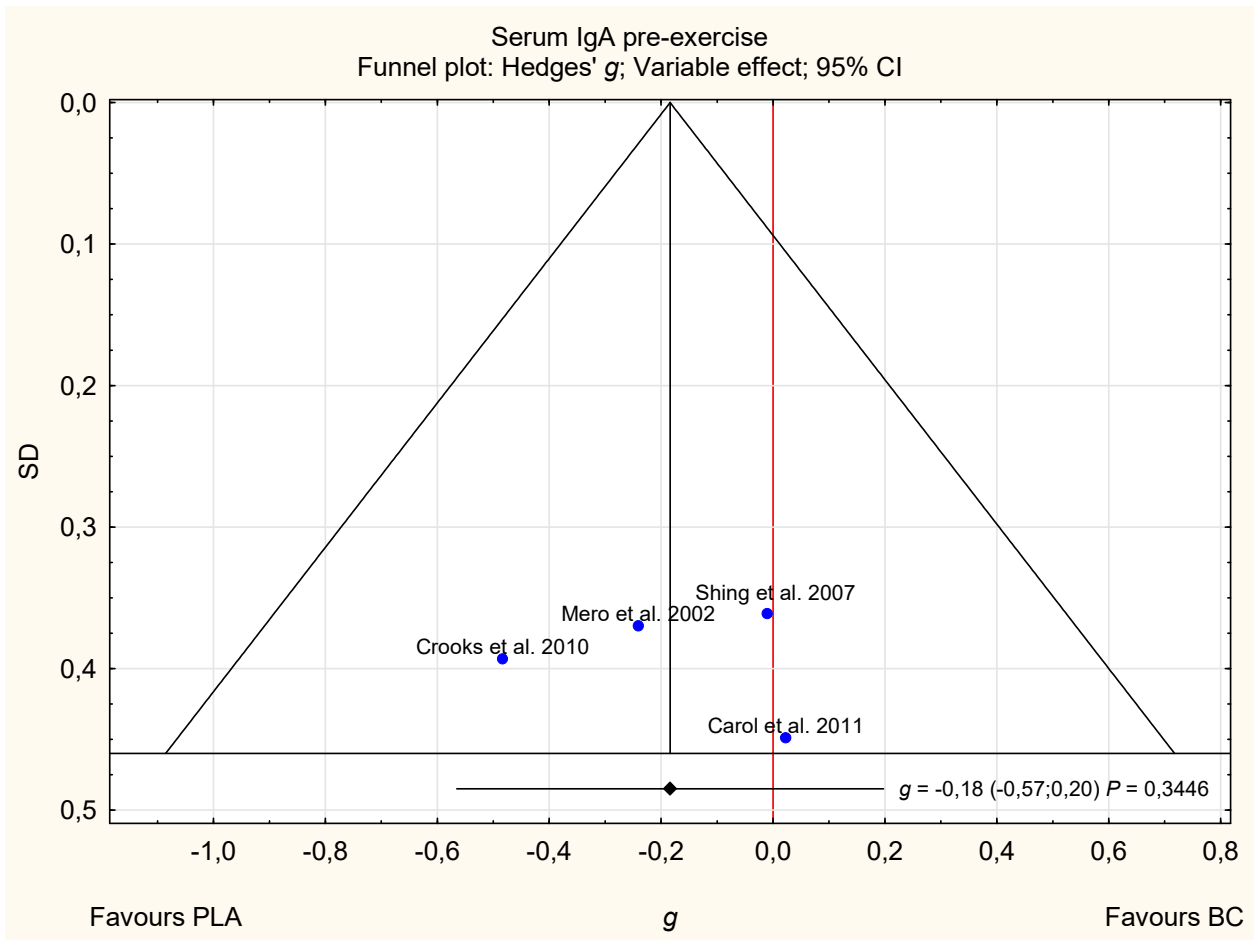


Figure S3. Funnel plot of the random-effects meta-analysis of changes in IgA concentration.
Abbreviations: BC – bovine colostrum, IgA – Immunoglobulin A, PLA – placebo.

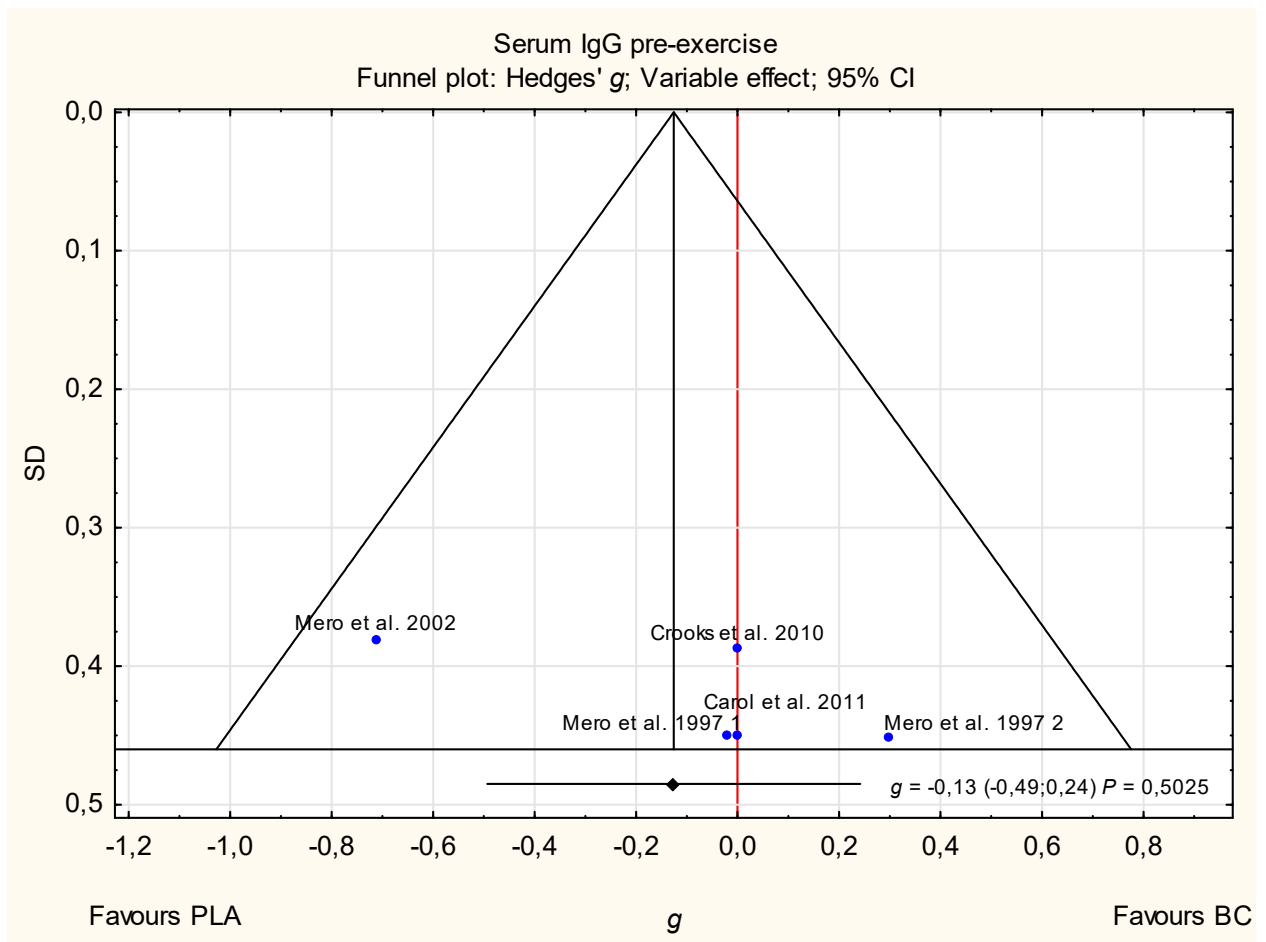


Figure S4. Funnel plot of the random-effects meta-analysis of changes in IgG concentration. 1 – the first dose from Mero et al. 1997 study, 2 – the second dose from Mero et al. 1997 study. Abbreviations: BC – bovine colostrum, IgG – Immunoglobulin G, PLA – placebo.

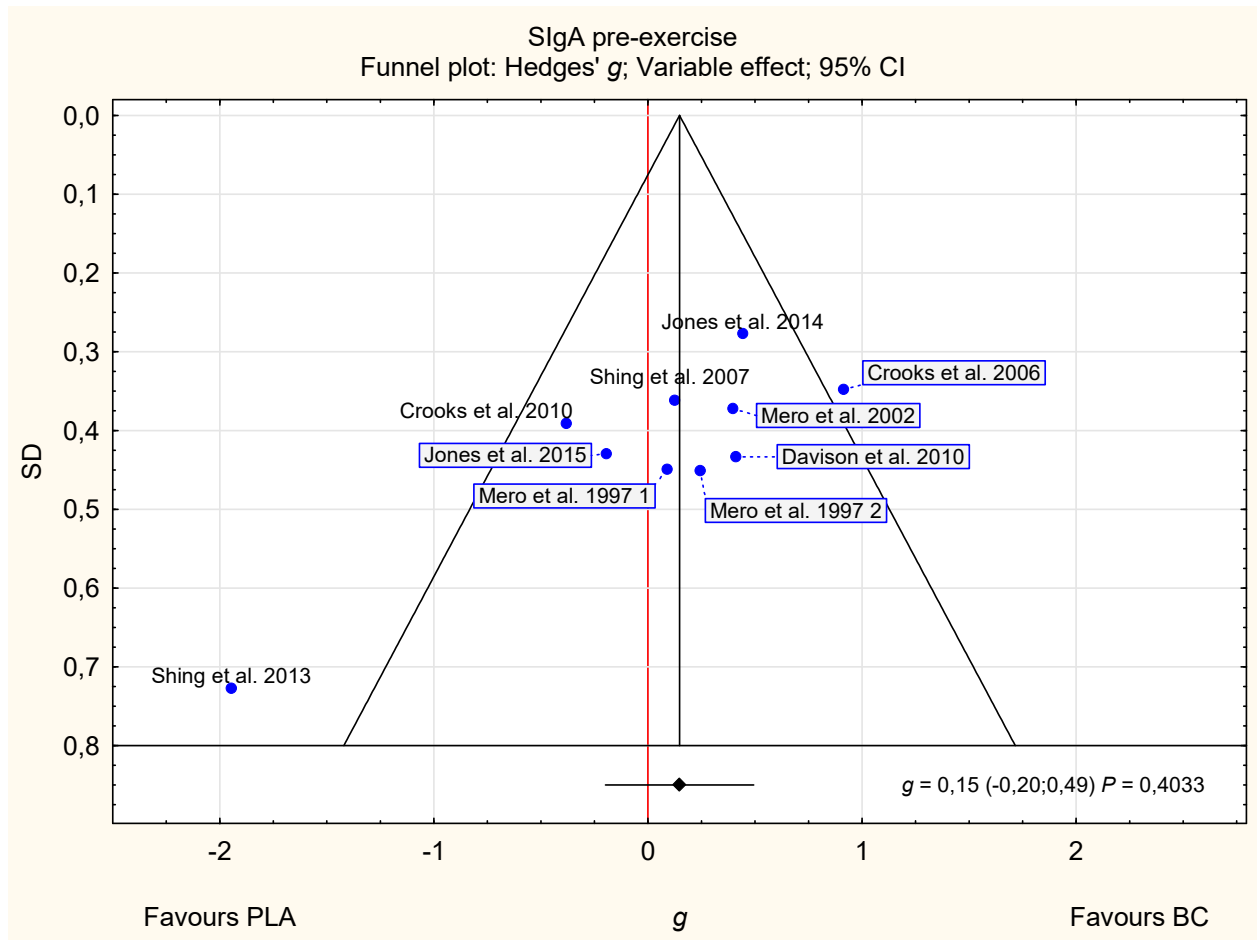


Figure S5. Funnel plot of the random-effects meta-analysis of changes in pre-exercise SIgA concentration. 1 – the first dose from Mero et al. 1997 study, 2 – the second dose from Mero et al. 1997 study. Abbreviations: BC – bovine colostrum, SIgA – secretory Immunoglobulin A, PLA – placebo.

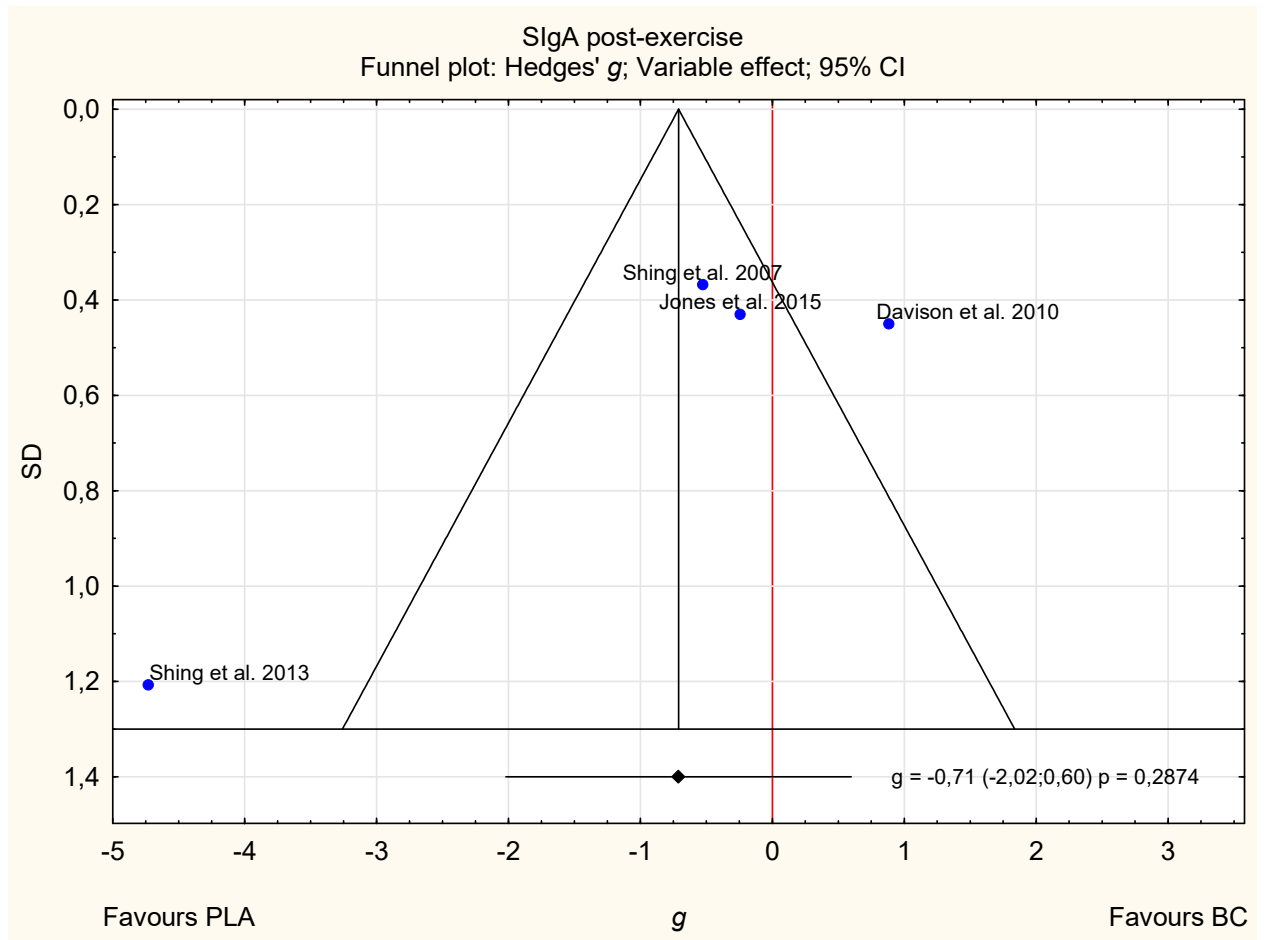


Figure S6. Funnel plot of the random-effects meta-analysis of changes in post-exercise SlgA concentration.
Abbreviations: BC – bovine colostrum, SlgA – secretory Immunoglobulin A, PLA – placebo.

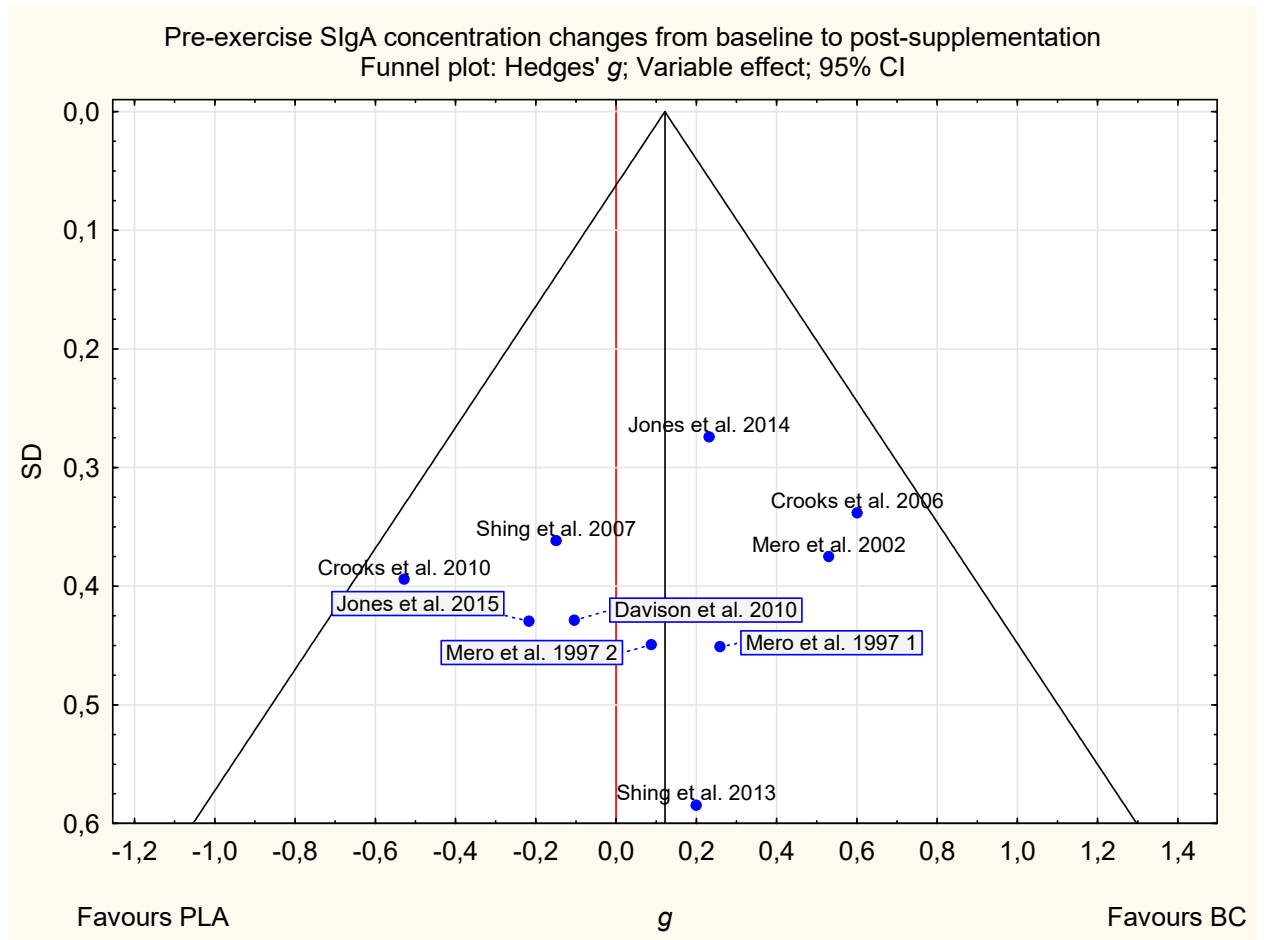


Figure S7. Funnel plot of the random-effects meta-analysis of changes from baseline to post-supplementation in pre-exercise SIgA concentration.

1 – the first dose from Mero et al. 1997 study, 2 – the second dose from Mero et al. 1997 study. Abbreviations: BC – bovine colostrum, SIgA – secretory Immunoglobulin A, PLA – placebo.

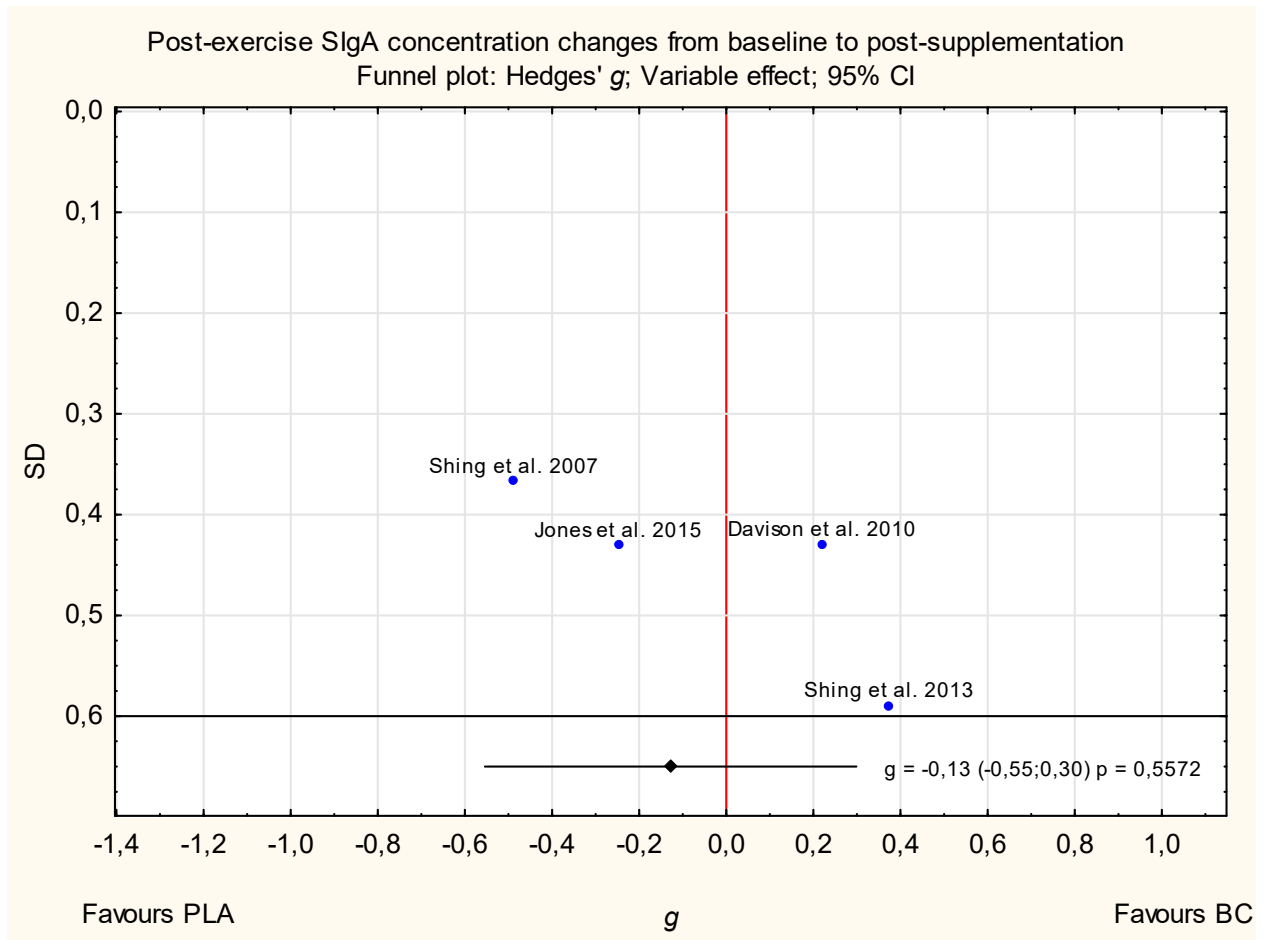


Figure S8. Funnel plot of the random-effects meta-analysis of changes from baseline to post-supplementation in post-exercise SIgA concentration.
 Abbreviations: BC – bovine colostrum, SIgA – secretory Immunoglobulin A, PLA – placebo.