



Supplemental figure:

Overall study design of 21 days of bed-rest (Head down tilt: HDT), preceded by 7 days of baseline (Baseline data collection: BDC) and followed by 5 days of recovery (R).

Plasma inflammation and oxidative stress markers were collected at BDC-7 and R+5. Body composition was measured at BDC-6 and R+2 using Dual-X-ray measurements (DXA). The test days were done at BDC-4 and HDT19, with the ingestion of a moderately high fat meal, biopsies were taken and fasting metabolites and insulin were measured. Muscle fat content was measured with MRI with MRI at BDC-2 and HDT20. Oral glucose tolerance test (OGTT) was done at BDC-1 and HDT21.