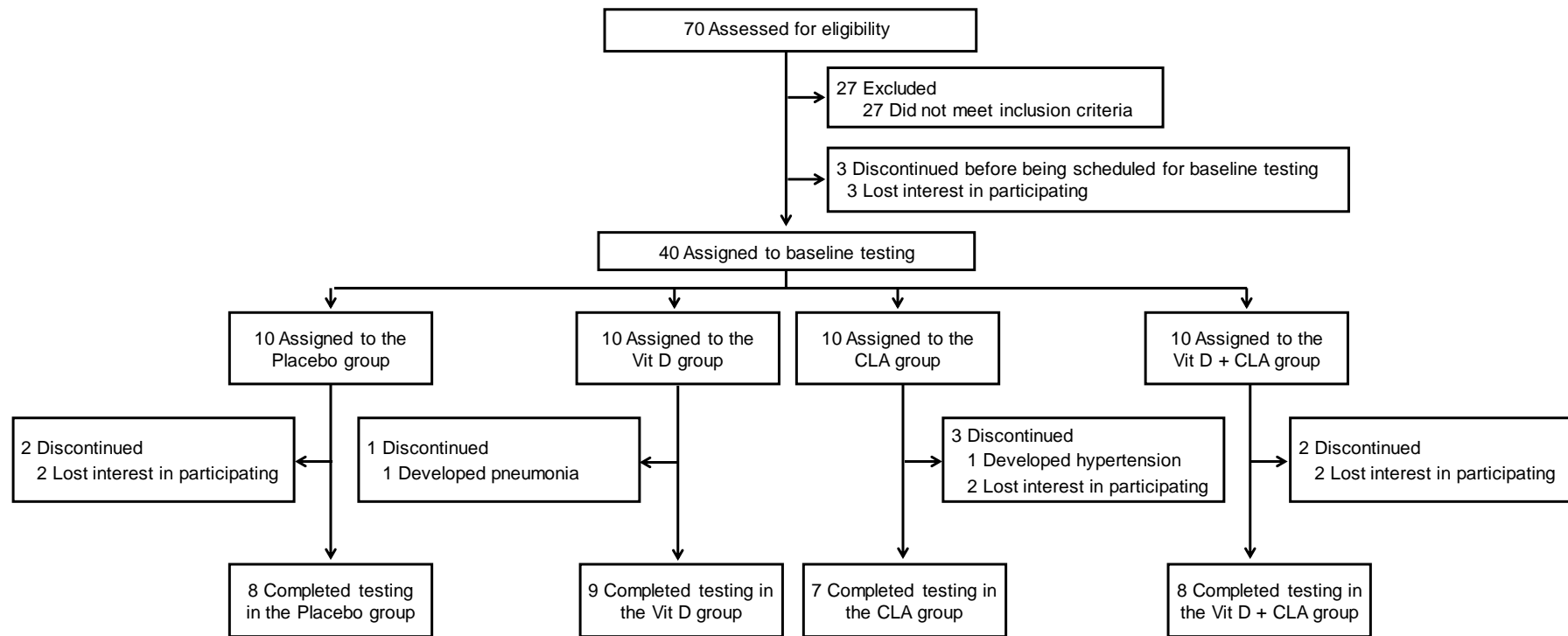


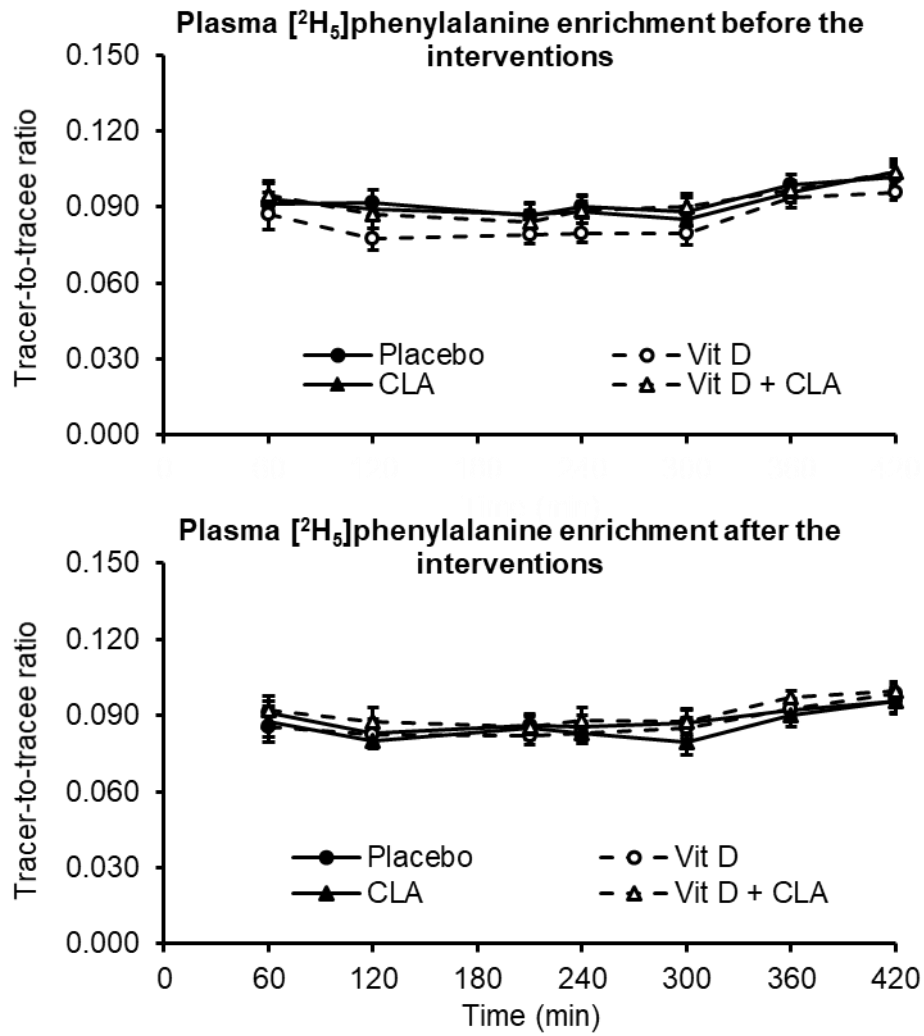
On-line Supplementary Material

No independent or combined effects of vitamin D and conjugated linoleic acids on muscle protein synthesis in older adults: a randomized, double-blind, placebo-controlled clinical trial

Van Vliet et al. Am J Clin Nutr.



Supplemental Figure 1. Flow of study participants.



Supplemental Figure 2. Plasma [ring-²H₅]phenylalanine enrichment from the time of the first muscle biopsy (60 min) to the time of the third muscle biopsy at the end of the study (420 min) before (top) and after (bottom) the interventions in the placebo (n=8), vitamin D (Vit D, n=9), conjugated linoleic acid (CLA, n=7), and combined vitamin D and conjugated linoleic acid (Vit D + CLA, n=8) supplementation groups. Values are mean ± SEM.