



SDC 4. Associations between exogenous BHB oxidation rate (A & B) and VO₂ and individual BHB oxidation rates (C & D). (A) Including resting (post-drink) values. (B) Exercise values only. (C) Individual BHB oxidation rates in the low ketosis condition. (D) Individual βHB oxidation rates in the high ketosis condition. Values are expressed as means ± SD (n=6).