

Supplementary table 1 – Adonis PERMANOVA results: gut microbial alpha-diversity

Dynamic changes in the gut microbiota in response to acute high protein and high carbohydrate diets in endurance athletes.

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	BACTERIAL	FVP	IV
Fisher-alpha			
<i>HCD vs HPD (early)</i>	0.34	0.60	0.04*
<i>HCD vs HPD (mid)</i>	0.67	0.46	0.04*
<i>HCD vs HPD (late)</i>	0.52	0.25	0.30
<i>EARLY vs MID vs LATE (HCD)</i>	0.54	0.64	0.15
<i>EARLY vs MID vs LATE (HPD)</i>	0.85	0.31	0.04*
Richness			
<i>HCD vs HPD (early)</i>	0.34	0.40	0.21
<i>HCD vs HPD (mid)</i>	0.60	0.60	0.07
<i>HCD vs HPD (late)</i>	0.60	0.25	0.12
<i>EARLY vs MID vs LATE (HCD)</i>	0.56	0.28	0.34
<i>EARLY vs MID vs LATE (HPD)</i>	0.83	0.13	0.18