

Supplementary table 2 – Adonis PERMANOVA results: gut microbial beta-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	
	R ²	P	R ²	P	R ²	P
Adonis PERMANOVA						
Variables						
<i>Patient</i>	0.80	0.001*	0.51	0.001*	0.52	0.001*
<i>Diet : Time point</i>	0.03	0.216	0.10	0.001*	0.10	0.009*
<i>Residuals</i>	0.17	-	0.38	-	0.38	-
Time points by diet						
<i>EARLY vs MID vs LATE (HCD)</i>	0.03	0.397	0.07	0.192	0.06	0.459
<i>EARLY vs MID vs LATE (HPD)</i>	0.03	0.241	0.14	0.002*	0.13	0.009*
pairwise Adonis PERMANOVA						
Carbohydrate						
<i>EARLY vs MID</i>	-	-	-	-	-	-
<i>EARLY vs LATE</i>	-	-	-	-	-	-
<i>MID vs LATE</i>	-	-	-	-	-	-
Protein						
<i>EARLY vs MID</i>	-	-	0.15	0.023*	0.16	0.016*
<i>EARLY vs LATE</i>	-	-	0.04	0.351	0.16	0.781
<i>MID vs LATE</i>	-	-	0.10	0.110	0.10	0.102