

**Additional file 1. Table that illustrates the composition of nutritional supplements.**

<b>Super Carbo, EVOX® Advanced Nutrition</b>	<b>per 100 g</b>	<b>Synergy Whey Protein, EVOX® Advanced Nutrition</b>	<b>per 100 g</b>
<i>Energy (kJ)</i>	1597	<i>Energy (kJ)</i>	1433
<i>Macronutrients</i>		<i>Macronutrients</i>	
Protein (g)	0	Protein (g)	75
Carbohydrate (g)	95.5	Carbohydrate (g)	3.3
Fat (g)	0	Lactose (g)	1
<i>Carbohydrate composition</i>		Fat Total (g)	3.3
Monosaccharides	1.3	Fat unsaturated Total (g)	2.4
Disaccharides	33.9	Medium Chain Triglycerides (g)	1
Trisaccharides	5.9	Mono-unsaturated (g)	0.48
Higher Saccharides	54.4	Poly-unsaturated (g)	0.93
<i>Vitamins and Minerals</i>		<i>Amino acid composition</i>	
Potassium Phosphate	0.1	Non-essential	
Magnesium Ascorbate	0.08	Alanine (mg)	3042
Sodium Chloride	0.5	Arginine (mg)	2575
Potassium Citrate	0.15	Aspartic acid (mg)	6697
Zinc Gluconate	0.02	Cystine (mg)	1005
		Glutamic acid (mg)	15952
		Essential	
		Histidine (mg)	1862
		Isoleucine (mg)	4174
		Leucine (mg)	7329
		Lysine (mg)	6131
		Methionine (mg)	1950
		Phenylalanine (mg)	3273
		Threonine (mg)	4061
		Tryptophane (mg)	1004
		Valine (mg)	4593
		Glutamine Peptides (mg)	1000
		Glycine (mg)	1532
		Proline (mg)	6586
		Serine (mg)	4246
		Tyrosine (mg)	3327
		<i>Minerals</i>	
		Calcium (mg)	426
		Magnesium (mg)	133
		Phosphorous (mg)	278
		Potassium (mg)	255
		<i>Other nutrients</i>	
		Essential Phospholipids (mg)	2000