

Supplementary Table 1. Participants' dietary intake

	0 g (n = 10)	W20 (n = 10)	W40 (n = 10)	S20 (n = 10)	S40 (n = 10)
Total energy (kcal)	2327	2288	2388	2182	2192
% Target energy	100	98	99	100	100
Protein (g·kg ⁻¹ ·d ⁻¹)	1.03	1.04	1.03	1.03	1.04
% Carbohydrate	59	61	58	59	59
% Protein	14	15	14	15	15
% Fat	27	24	28	26	26

Dietary intake calculated over 2 days immediately prior to the infusion trial.

Values are means ± SD.