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## University of Bath

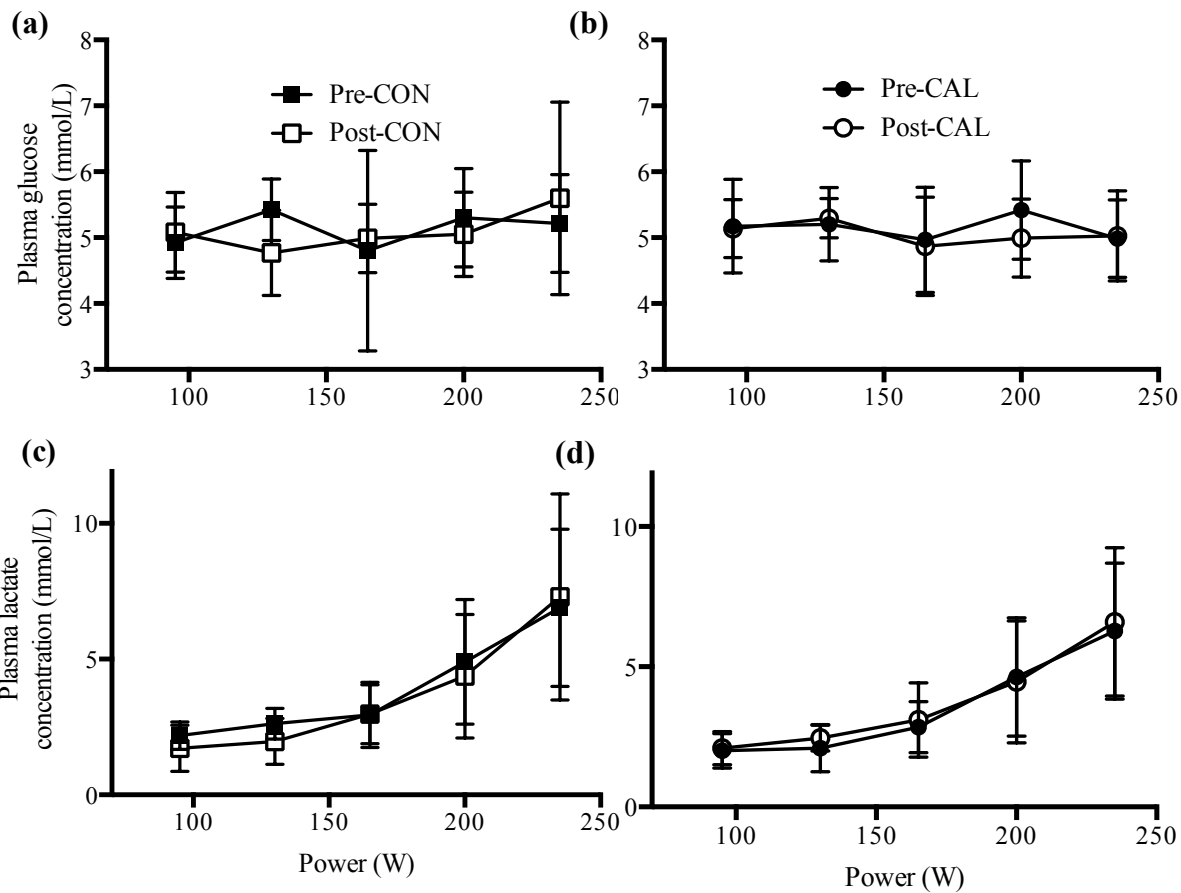
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# Online Supporting Material



**Supplementary Figure 1.** Plasma glucose and lactate concentrations during exercise before and after CON and CAL. a, glucose concentrations with CON supplementation. b, glucose concentrations with CAL supplementation. c, lactate concentrations with CON supplementation. d, lactate concentrations with CAL supplementation. CAL, high-calcium; CON, control. Data are mean  $\pm$  SEM.  $n = 12$ . Interaction effect (supplement  $\times$  time  $\times$  power output),  $P = 0.111$  and  $P = 0.792$  for glucose and lactate, respectively.