Table 1  Substrate metabolism and circulating variables at rest before and after supplementation with CON or CAL.

<table>
<thead>
<tr>
<th>Variable</th>
<th>CON</th>
<th></th>
<th>CAL</th>
<th></th>
<th>ANOVA supplement x time interaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy expenditure rate (kJ/min)</td>
<td>8.76 ± 1.29</td>
<td>8.23 ± 1.46</td>
<td>8.49 ± 0.96</td>
<td>8.09 ± 0.85</td>
<td>*P = 0.864</td>
</tr>
<tr>
<td>Fat oxidation rate (g/min)</td>
<td>0.07 ± 0.04</td>
<td>0.07 ± 0.04</td>
<td>0.07 ± 0.03</td>
<td>0.07 ± 0.05</td>
<td>†P = 0.652</td>
</tr>
<tr>
<td>Carbohydrate oxidation rate (g/min)</td>
<td>0.39 ± 0.11</td>
<td>0.33 ± 0.12</td>
<td>0.36 ± 0.09</td>
<td>0.33 ± 0.12</td>
<td>‡P = 0.581</td>
</tr>
<tr>
<td>Glucose concentration (mmol/L)</td>
<td>5.07 ± 0.31</td>
<td>5.02 ± 0.37</td>
<td>4.82 ± 0.60</td>
<td>5.01 ± 0.50</td>
<td>†P = 0.358</td>
</tr>
<tr>
<td>Lactate concentration (mmol/L)</td>
<td>1.83 ± 0.47</td>
<td>1.70 ± 0.45</td>
<td>1.56 ± 0.21</td>
<td>1.82 ± 0.45</td>
<td>†P = 0.105</td>
</tr>
<tr>
<td>NEFA concentration (mmol/L)</td>
<td>0.35 ± 0.16</td>
<td>0.37 ± 0.21</td>
<td>0.31 ± 0.13</td>
<td>0.37 ± 0.22</td>
<td>P = 0.363</td>
</tr>
<tr>
<td>Glycerol concentration (mmol/L)</td>
<td>0.63 ± 0.36</td>
<td>0.62 ± 0.31</td>
<td>0.45 ± 0.23</td>
<td>0.44 ± 0.21</td>
<td>P = 0.702</td>
</tr>
<tr>
<td>Insulin concentration (pmol/L)</td>
<td>80 ± 30</td>
<td>71 ± 27</td>
<td>70 ± 28*</td>
<td>83 ± 33*†</td>
<td>†P = 0.006</td>
</tr>
<tr>
<td>HOMA-IR (au)</td>
<td>2.55 ± 1.08</td>
<td>2.30 ± 0.91</td>
<td>2.13 ± 0.87*</td>
<td>2.67 ± 1.10*</td>
<td>*P = 0.029</td>
</tr>
<tr>
<td>GIP&lt;sub&gt;1-42&lt;/sub&gt; concentration (pmol/L)</td>
<td>2.5 ± 2.7</td>
<td>2.0 ± 1.7</td>
<td>1.0 ± 0.7</td>
<td>1.4 ± 1.2</td>
<td>P = 0.982</td>
</tr>
<tr>
<td>Total GLP-1 concentration (pmol/L)</td>
<td>1.6 ± 2.3</td>
<td>1.4 ± 1.8</td>
<td>2.2 ± 4.1</td>
<td>2.0 ± 2.6</td>
<td>P = 0.128</td>
</tr>
<tr>
<td>PTH concentration (pmol/L)</td>
<td>4.6 ± 2.3</td>
<td>3.4 ± 1.4</td>
<td>4.5 ± 2.8</td>
<td>4.0 ± 1.4</td>
<td>†P = 0.201</td>
</tr>
</tbody>
</table>

CON, control; CAL, high-calcium; NEFA, non-esterified fatty acid; GIP<sub>1-42</sub>, glucose-dependent insulinotropic polypeptide<sub>1-42</sub>; GLP-1, glucagon-like peptide-1; PTH, parathyroid hormone; HOMA-IR, homeostasis model assessment of insulin resistance. Data are mean ± SD. *n = 13 for energy expenditure and substrate metabolism, n = 12 for blood-based variables. Holm-Bonferroni post-hoc analysis: *Significantly different to CON at same time point, †Significantly different to Pre, P < 0.05.