



Citation for published version:

Gonzalez, JT, Green, BP, Campbell, MD, Rumbold, PLS & Stevenson, EJ 2014, 'The influence of calcium supplementation on substrate metabolism during exercise in humans: a randomized controlled trial', *European Journal of Clinical Nutrition*, vol. 68, no. 6, pp. 712-718. <https://doi.org/10.1038/ejcn.2014.41>

DOI:

[10.1038/ejcn.2014.41](https://doi.org/10.1038/ejcn.2014.41)

Publication date:

2014

Document Version

Peer reviewed version

[Link to publication](#)

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Table 2 Exercise responses before and after supplementation with CON or CAL.

Variable	CON		CAL		ANOVA supplement x time interaction
	Pre	Post	Pre	Post	
$\dot{V}O_{2peak}$ (mL/kg/min)	51 ± 6	52 ± 6	50 ± 5	51 ± 6	<i>P</i> = 0.657
Time to exhaustion (s)	970 ± 213	1006 ± 167	971 ± 133	962 ± 144	<i>P</i> = 0.182
Maximal rate of lipid utilization (g/min)	0.47 ± 0.17	0.44 ± 0.17	0.44 ± 0.18	0.42 ± 0.18	<i>P</i> = 0.619
Total lipid utilization (g)	3.68 ± 2.42	3.17 ± 1.75	3.03 ± 1.61	2.88 ± 1.43	<i>P</i> = 0.309
Total carbohydrate utilization (g)	17.2 ± 4.7	18.8 ± 10.9	18.6 ± 9.6	19.2 ± 8.3	<i>P</i> = 0.512
Lactate concentration at exhaustion (mmol/L)	11.54 ± 3.23	11.79 ± 5.02	10.81 ± 2.60	10.1 ± 2.63	<i>P</i> = 0.605
NEFA concentration at exhaustion (mmol/L)	0.21 ± 0.07	0.20 ± 0.10	0.20 ± 0.10	0.21 ± 0.09	<i>P</i> = 0.894
Glycerol concentration at exhaustion (mmol/L)	0.51 ± 0.20	0.61 ± 0.24	0.52 ± 0.28	0.62 ± 0.28	<i>P</i> = 0.177

CON, control; CAL, high-calcium; $\dot{V}O_{2peak}$, peak oxygen uptake; NEFA, non-esterified fatty acid. Data are mean ± SD. *n* = 12 for blood-based variables, *n* = 13 for all other variables