



*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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## Online Supporting Material

**Supplementary Table 1** Body mass and subjective appetite ratings before and after supplementation with CON or CAL.

Variable	CON		CAL		ANOVA supplement x time interaction
	Pre	Post	Pre	Post	
Body mass (kg)	77.1 6.3	76.8 6.1	77.2 6.2	77.4 6.6	<i>P</i> = 0.828
Hunger	54 ± 27	54 ± 27	51 ± 32	46 ± 32	<i>P</i> = 0.733
Fullness	36 ± 25	29 ± 19	35 ± 24	38 ± 28	<i>P</i> = 0.530
Satisfaction	35 ± 27	34 ± 22	35 ± 22	44 ± 28	<i>P</i> = 0.406
Prospective consumption	65 ± 23	66 ± 24	69 ± 21	58 ± 27	<i>P</i> = 0.181
Combined-appetite	62 ± 23	64 ± 21	62 ± 21	55 ± 27	<i>P</i> = 0.440

CON, control; CAL, high-calcium. Data are mean ± SD. *n* = 13.