**Supplemental Digital Content 6.** Results of Randomized Trials of Effect of Anabolic-Androgenic Steroids (AAS) Compared to Placebo on Cardiovascular Endurance

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| **Author** | ***N*** | **Method of Measurement** | **Units** | **Difference in Endurance in AAS Group (Post - Pre)\*** | **Difference in Endurance in Placebo Group (Post - Pre)\*** | **Difference in Differences (AAS - PL)\*\*** | ***P*** |
| Fahey and Brown, 1973 | 28 | Cycle ergometer, VO2 max | VO2 | -0.17 | -4.27 | 4.10 | - |
| Stromme et al., 1974 | 21 | Cycle ergometer; aerobic capacity estimated by nomogram | VO2 | 0.40 | 5.40 | -5.00 | - |
| Johnson et al., 1975 | 14 | Standard open circuit treadmill, VO2 max | VO2 | 2.00 | 3.70 | -1.70 | 0.05 |
| Loughton and Ruhling, 1977 | 12 | Balke treadmill test, VO2 peak exercise | L/min | -0.61 | -0.75 | 0.14 | - |
| Baume et al., 2006 | 30 | Running speed at individual anaerobic threshold (IAT) | km/hr | 1.20 | 1.10 | 0.10 | - |
| Igwebuike et al., 2008 | 31 | Exercise method not stated, VO2 max | VO2 | 4.50 | 4.40 | 0.10 | 0.001 |
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| VO2 = mL O2/kg\*min | | |  |  |  |  |  |
| "-" Denotes data not reported  \*Negative number means power was higher before treatment than afterwards | | | | | | |  |
| \*\*Positive number favors AAS | | |  |  |  |  |  |