

**Supplemental Figure 1.** Overnight plasma glucose (A, mmol∙L-1) and insulin concentrations (B, mU∙L-1) following protein ingestion with (PRO+EX) and without (PRO) prior exercise. The dotted line represents the ingestion of the treatment. Values represent means±SEM. Data were analyzed with a two-way repeated-measures (time x treatment) ANOVA. Glucose: time effect: *P*=0.004; treatment effect: *P*=0.0077; time x treatment interaction: *P*=0.075. Insulin: time effect: *P*<0.001; treatment effect: *P*=0.014; time x treatment interaction: *P*=0.476.