**Supplementary Digital Content 8: Studies included in the analysis examining acylated ghrelin responses after exercise (*n* = 89)**

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| **Reference** | **Participants (all healthy males)** | **Exercise** | **Acylated ghrelin** |
| **Broom et al (Unpublished)**  Data available on request | *n* = 9; age 23.2 ± 2.1 y; BMI 22.8 ± 1.5 kg/m2; V̇O2 Peak 63.4 ± 5.8 mL/kg/min | Treadmill running; 90 min; 69.7 ± 2.2 % V̇O2 peak; Net EE 5473 ± 699 kJ | CON: 1112 774 pg/mL/7.5 h  EX: 791 583 pg/mL/7.5 h  P = 0.015 |
| **Broom et al (2006) *J Sports Sci (abstract)***  *Control & high-intensity trial used only* | *n* = 8; age 21.5 ± 1.7 y; BMI 24.7 ± 2.5 kg/m2; V̇O2 Peak 57.3 ± 5.2 mL/kg/min | Treadmill running; 30 min; 75.3 ± 4.6 % V̇O2 peak; Net EE 2151 ± 481 kJ | CON: 245 99 pg/mL/3.5 h  EX: 214 92 pg/mL/3.5 h  P = 0.159 |
| **Broom et al (2007) *J Appl Physiol***  doi:10.1152/japplphysiol.00759.2006. | *n* = 9; age 21.2 ± 2.1 y; BMI 22.2 ± 2.4 kg/m2; V̇O2 Peak 63.3 ± 6.7 mL/kg/min | Treadmill running; 60 mins; 71.9 ± 6.2 % V̇O2 peak; Net EE 3603 ± 618 kJ | CON: 1401 1563 pg/mL/8 h  EX: 917 1026 pg/mL/8 h  P = 0.033 |
| **Broom et al (2009) *Am J Physiol Reg-I***  doi: 10.1152/ajpregu.90706.2008 | *n* = 11; age 21.1 ± 1.1 y; BMI 23.1 ± 1.3 kg/m2; V̇O2 Peak 62.1 ± 6.4 mL/kg/min | Treadmill running; 60 mins; 68.9 ± 5.6 % V̇O2 peak; Net EE 3469 ± 272 kJ | CON: 811 852 pg/mL/7 h  EX: 736 895 pg/mL/7 h  P = 0.315 |
| **King et al (2011) *J Clin Endocrinol Metab***  *Control & exercise trial used only*  doi: 10.1210/jc.2010-2735 | *n* = 12; age 23.4 ± 3.4; BMI 22.8 ± 1.2 kg/m2; V̇O2 Peak 57.3 ± 4.1 mL/kg/min | Treadmill running; 90 min; 69.8 ± 3.1 % V̇O2 peak; Net EE 4716 ± 391 kJ | CON: 729 ± 724 pg/mL/6.5 h  EX: 677 ± 658 pg/mL/6.5 h  P = 0.202 |
| **Wasse et al (2012) *J Appl Physiol***  *Sea-level control and sea-level exercise trials used only*  doi: 10.1152/japplphysiol.00090.2011 | *n* = 10; age 23.8 ± 2.6 y; BMI 24.8 ± 2.4 kg/m2; V̇O2 Peak 56.9 ± 6.5 mL/kg/min | Treadmill running; 60 min; 71.21 ± 5.7% V̇O2 peak; Net EE 3278 ± 428 kJ | CON: 624 ± 447 pg/mL/4.5 h  EX: 550 ± 317 pg/mL/4.5 h  P = 0.161 |
| **Wasse et al (2013) *Appl Physiol Nutr Metab***  *Control & running trial used only*  doi: 10.1139/apnm-2012-0154 | *n* = 11; age 22.7 ± 2.2 y; BMI 23.4 ± 2.4 kg/m2; V̇O2 Peak 57.8 ± 10.0 mL/kg/min | Treadmill running; 60 min; 70.1 ± 4.0% V̇O2 peak; Net EE 2940 ± 786 kJ | CON: 441 ± 267 pg/mL/3 h  EX: 340 ± 233 pg/mL/3 h  P = 0.068 |
| **Deighton et al (2014) *Appetite***  *Control & exercise-deficit trial used only*  [doi:10.1016/j.appet.2014.06.003](http://dx.doi.org/10.1016/j.appet.2014.06.003) | *n* = 11; age 23.8 ± 4.7 y; BMI 23.8 ± 2.7 kg/m2; V̇O2 Peak 55.4 ± 9.1 mL/kg/min | Stationary cycling; 30 min; 64.5 ± 3.2% V̇O2 peak; Net EE 1469 ± 256 kJ | CON: 1671 ± 2720 pg/mL/6.5 h  EX: 1650 ± 2909 pg/mL/6.5 h  P = 0.786 |
| **Alajmi et al (2016) *Med Sci Sports Exerc***  *Data for men used only*  doi: 10.1249/MSS.0000000000000793 | *n* = 8; age 22.1 ± 3.4 y; BMI 23.6 ± 2.2 kg/m2; V̇O2 Peak 64.0 ± 9.0 mL/kg/min | Treadmill running; 60 min; 71.6 ± 4.4% V̇O2 peak; Net EE 4134 ± 490 kJ | CON: 352 ± 116 pg/mL/4 h  EX: 414 ± 143 pg/mL/4 h  P = 0.032 |

Data = Mean ± SD; participants all healthy males