**Supplementary table 4. Mean values for dynamic endocrine function tests**

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| --- |
| **FSH concentration (figure 3A)** |
|  | Baseline | 20 min | 30 min | 40 min | 60 min |
| Pre-Ex | 5.83 (2.66) | 6.91 (2.38) | 7.28 (2.49) | 7.25 (2.33) | 7.05 (2.1) |
| Ex + 5 days | 5.3 (3.33) | 6.31 (3.65) | 6.55 (3.77) | 6.71 (3.79) | 6.27 (3.42) |
| Ex + 16 days | 3.5 (1.18) | 4.67 (1.65) | 4.91 (1.73) | 5.03 (1.8) | 4.86 (1.68) |
| **FSH concentration relative to baseline (figure 3B)** |
| Pre-Ex |  | 1.24 (0.25) | 1.32 (0.28) | 1.31 (0.26) | 1.29 (0.28) |
| Ex + 5 days |  | 1.29 (0.26) | 1.37 (0.36) | 1.43 (0.44) | 1.34 (0.4) |
| Ex + 16 days |  | 1.33 (0.18) | 1.40 (0.20) | 1.43 (0.18) | 1.39 (0.19) |
| **LH concentration (figure 3C)** |
| Pre-Ex | 5.36 (2.04) | 13.59 (4.35) | 13.73 (4.03) | 12.90 (4.03) | 10.89 (3.68) |
| Ex + 5 days | 5.13 (3.70) | 10.49 (7.10) | 10.84 (7.63) | 9.92 (7.12) | 8.25 (5.95) |
| Ex + 5 days | 3.42 (1.43) | 12.67 (4.42) | 13.03 (4.18) | 12.12 (4.15) | 10.04 (3.08) |
| **LH concentration relative to baseline (figure 3D)** |
| Pre-Ex |  | 2.68 (0.82) | 2.74 (0.91) | 2.57 (0.86) | 2.14 (0.63) |
| Ex + 5 days |  | 2.24 (0.64) | 2.40 (0.87) | 2.12 (0.72) | 1.82 (0.65) |
| Ex + 5 days |  | 4.10 (1.86) | 4.19 (1.75) | 3.86 (1.49) | 3.24 (1.31) |
| **Cortisol concentration (figure 4A)** |
| Pre-Ex | 73.25 (45.23) | 127.54 (39.77) | 128.14 (33.82) | 110.53 (28.95) | 100.60 (19.9) |
| Ex + 5 days | 61.66 (33.11) | 130.53 (14.62) | 140.09 (23.50) | 131.77 (19.47) | 110.16 (21.39) |
| Ex + 5 days | 54.43 (28.60) | 122.21 (21.50) | 125.79 (8.02) | 137.61 (26.91) | 113.19 (12.03) |
| **Hair cortisol by month (figure 4B)** |
| Month\* | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Jan |
|  | 8.36 (2.89) | 11.40 (1.78) | 10.83 (3.43) | 11.96 (4.89) | 11.58 (4.68) | 9.50 (4.94) | 35.22 (29.31) | 38.86 (36.2) | 41.48 (48.56) | 54.79 (75.41) |
| **Diurnal Hair cortisol post-Ex (figure 4C)** |
| Ex+1 day PM | Ex+2 days AM | Ex+4 days PM | Ex+5 days AM | Ex+10 days PM | Ex+11 days AM |
| 6.38 (4.24) | 6.89 (7.74) | 3.47 (2.45) | 4.86 (3.73) | 1.37 (0.55) | 10.29 (4.15) |
| **Hair cortisol day curve (figure 4D)** |
| Time | 07:10 | 08:30 | 09:00 | 09:30 | 12:15 | 13:30 | 17:20 | 21:50 |
| Pre-Ex | 13.68 (6.16) | 7.03 (5.37) | 6.48 (4.76) | 3.97 (1.43) | 3.36 (1.79) | 4.6 (2.39) | 3.26 (2.42) | 2.68 (2.75) |
| Post-Ex | 10.31 (5.63) | 6.39 (3.2) | 3.82 (1.39) | 3.47 (1.52) | 2.2 (0.85) | 3.17 (1.79) | 2.18 (0.97) | 0.86 (0.50) |

Baseline: immediately prior to dynamic function test, LH: luteinizing hormone, FSH: follicle stimulating hormone, Ex: expedition