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| SDC 1 Table 1. Composition, carbohydrate concentration, and osmolality of the CHO test drinks. |
| Drink and Ratio (Fructose:Maltodextrin-Glucose) | Type | Ingestion rate (g·min-1) | Concentration (%) | Osmolality (mOsmol·kg-1) |
| 0.5-Ratio (0.5:1) | Fructose | 0.50 | 3.75 | 419 |
|  | Maltodextrin | 0.67 | 5.02 |  |
|  | Glucose | 0.33 | 2.48 |  |
| 0.8-Ratio (0.8:1) | Fructose | 0.67 | 5.02 | 422 |
|  | Maltodextrin | 0.67 | 5.02 |  |
|  | Glucose | 0.16 | 1.21 |  |
| 1.25-Ratio (1.25:1) | Fructose | 0.83 | 6.23 | 429 |
|  | Maltodextrin | 0.67 | 5.02 |  |
|  | Glucose | 0.00 | 0.00 |  |