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| SDC 4 Table 1. Effect of candidate independent mechanism covariate on sprint mean power. |
| Independent mechanism covariatea | 2SD of the covariate (% of mean) | Effect (%) of 2SD of the covariate on sprint mean power; ±90% CLb | Magnitude-based inferencec |
| Total CHO oxidation  | 48.1 | 2.9; ±1.8 | moderate\*\*\* |
| Exogenous fructose oxidation  | 62.5 | 1.6; ±2.5 | small\* |
| Exogenous glucose oxidation | 46.0 | 1.5; ±2.8 | small\* |
| Total exogenous CHO oxidation  | 23.3 | 1.9; ±3.7 | small\* |
| Exogenous fructose oxidation efficiency  | 17.6 | 1.1; ±3.1 | small\* |
| Exogenous glucose oxidation efficiency  | 36.6 | 1.9; ±2.6 | small\* |
| Total exogenous CHO oxidation efficiency | 15.0 | 2.2; ±2.7 | small\*\* |
| Endogenous CHO oxidation | 88.2 | -5.6; ±2.8 | large\*\*\*\* |
| Abdominal Cramp | 2.2 | 10.6; ±8.2  | v. large\*\*\* |
| Nausea | 2.3 | 4.2; ±6.9 | moderate\*\* |
| Sweetness | 3.3 | 5.4; ±3.0 | large\*\*\*\* |
| a The mechanism covariate is a within-subject standardized value; where, oxidation rates were first log-transformed and oxidation efficiency and psychometric parameters were standardized raw.b The estimated back-transformed mean effect (%) on the dependent (sprint mean power) due to a 2SD change in the independent mechanism covariate.c Qualified thresholds are described in the Methods section. Magnitude descriptors are \*possible, \*\*likely, \*\*\*very likely, \*\*\*\*most likely. |

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| SDC 4 Table 2. Effect of candidate independent mechanism covariate on sprint mean power with the comparison of 4 levels of drink composition.  |
| Independent mechanism covariatea | Effect (%) of 2SD of the covariate on sprint mean power; ±90% CLb | Magnitude-based inferencec | Substantially modified by covariate relative to unadjusted effect (Y/N) |
| **Unadjusted**  |  |  |  |
| 0.5 – W | 6.8; ±2.8 | large\*\*\*\* |  |
| 0.8 – W | 10.0; ±2.8 | v. large\*\*\*\* |  |
| 1.25 – W | 7.4; ±2.8 | large\*\*\*\* |  |
| 1.25 – 0.5 | 0.6; ±2.7 | unclear |  |
| 0.8 – 0.5 | 3.0; ±2.6 | moderate\*\* |  |
| 0.8 – 1.25 | 2.3; ±2.6 | small\*\* |  |
| **Adjusted** |  |  |  |
| Total CHO oxidation  |  |  |  |
| 0.5 – W | 5.6; ±3.4 | large\*\*\*\* | N |
| 0.8 – W | 9.1; ±3.2 | v. large\*\*\*\* | N |
| 1.25 – W | 6.7; ±3.0 | large\*\*\*\* | N |
| 1.25 – 0.5 | -1.0; ±3.6 | small\* | N |
| 0.8 – 0.5 | 1.2; ±3.8 | small\* | Y |
| 0.8 – 1.25 | 4.2; ±3.9 | moderate\*\* | Y |
| Abdominal cramp |  |  |  |
| 0.5 – W | 15.1; ±7.3 | ex. large\*\*\*\* | Y |
| 0.8 – W | 17.1; ±6.4 | ex. large\*\*\*\* | Y |
| 1.25 – W | 15.8; ±7.1 | ex. large\*\*\*\* | Y |
| 1.25 – 0.5 | 8.0; ±6.3 | v. large\*\*\*\* | Y |
| 0.8 – 0.5 | 9.2; ±5.7 | v. large\*\*\*\* | Y |
| 0.8 – 1.25 | 6.1; ±7.1 | large\*\* | Y |
| Nausea |  |  |  |
| 0.5 – W | 9.3; ±5.5 | v. large\*\*\*\* | Y |
| 0.8 – W | 12.8; ±5.9 | ex. large\*\*\*\* | Y |
| 1.25 – W | 10.5; ±5.9 | v. large\*\*\*\* | Y |
| 1.25 – 0.5 | 3.7; ±5.8 | moderate\*\* | Y |
| 0.8 – 0.5 | 5.7; ±5.9 | large\*\* | Y |
| 0.8 – 1.25 | -0.5; ±5.4 | small\* | Y |
| Sweetness |  |  |  |
| 0.5 – W | 7.2; ±3.3 | large\*\*\*\* | N |
| 0.8 – W | 9.3; ±3.3 | v. large\*\*\*\* | N |
| 1.25 – W | 7.4; ±3.0 | large\*\*\*\* | N |
| 1.25 – 0.5 | 2.6; ±3.6 | small\*\* | Y |
| 0.8 – 0.5 | 4.5; ±4.0 | moderate\*\* | N |
| 0.8 – 1.25 | -0.7; ±3.7 | small\* | Y |
| a, b, c See SDC 4 Table 1.W, 0.5, 0.8 and 1.25 refer to the water, 0.5-ratio, 0.8-ratio and 1.25-ratio drinks.Refer to SDC 4 Table 1 for values for effect of 2SD of covariate on sprint mean power. |

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| SDC 4 Table 3. Effect of candidate independent mechanism covariate on sprint mean power with the comparison of 3 levels of drink composition.  |
| Independent mechanism covariatea | Effect (%) of 2SD of the covariate on sprint mean power; ±90% CLb | Magnitude-based inferencec | Substantially modified by covariate relative to unadjusted effect (Y/N) |
| **Unadjusted**  |  |  |  |
| 1.25 – 0.5 | 1.2; ±2.7 | small\* |  |
| 0.8 – 0.5 | 3.1; ±2.7 | moderate \*\* |  |
| 0.8 – 1.25 | 1.8; ±2.6 | small\* |  |
| **Adjusted** |  |  |  |
| Exogenous fructose oxidation  |  |  |  |
| 1.25 – 0.5 | 0.7; ±3.0 | trivial\* | Y |
| 0.8 – 0.5 | 3.7; ±3.6 | moderate\*\* | N |
| 0.8 – 1.25 | 0.7; ±4.8 | trivial\* | Y |
| Exogenous glucose oxidation  |  |  |  |
| 1.25 – 0.5 | 1.8; ±4.6 | small\* | N |
| 0.8 – 0.5 | 3.7; ±3.8 | moderate\*\* | N |
| 0.8 – 1.25 | 0.9; ±5.0 | trivial\* | Y |
| Total exogenous CHO oxidation  |  |  |  |
| 1.25 – 0.5 | 2.3; ±6.5 | small\* | N |
| 0.8 – 0.5 | 4.0; ±5.0 | moderate\*\* | N |
| 0.8 – 1.25 | 0.3; ±7.2 | trivial\* | Y |
| Endogenous CHO oxidation  |  |  |  |
| 1.25 – 0.5 | 0.4; ±3.9 | trivial\* | Y |
| 0.8 – 0.5 | 2.3; ±4.9 | small\* | Y |
| 0.8 – 1.25 | 2.6; ±4.0 | small\*\* | Y |
| Exogenous fructose oxidation efficiency  |  |  |  |
| 1.25 – 0.5 | 2.0; ±4.4 | small\* | N |
| 0.8 – 0.5 | 4.1; ±4.2 | moderate\*\* | N |
| 0.8 – 1.25 | 0.6; ±4.9 | trivial\* | Y |
| Exogenous glucose oxidation efficiency |  |  |  |
| 1.25 – 0.5 | 1.1; ±3.4 | small\* | N |
| 0.8 – 0.5 | 3.6; ±3.5 | moderate\*\* | N |
| 0.8 – 1.25 | 1.1; ±4.2 | small\* | N |
| Total exogenous CHO oxidation efficiency  |  |  |  |
| 1.25 – 0.5 | 1.5; ±3.6 | small\* | N |
| 0.8 – 0.5 | 3.6; ±3.3 | moderate\*\* | N |
| 0.8 – 1.25 | 0.6; ±4.6 | trivial\* | Y |
| a, b, c See SDC 4 Table 1.0.5, 0.8 and 1.25 refer to the 0.5-ratio, 0.8-ratio and 1.25-ratio drinks.Refer to SDC 4 Table 1 for values for effect of 2SD of covariate on sprint mean power. |