

**Supplemental Table 1** Search strategies used in Pubmed for systematic literature review

Search terms	Full search strategy
"zinc AND exercis*"	("zinc"[MeSH Terms] OR "zinc"[All Fields]) AND (exercis[All Fields] OR exercisable[All Fields] OR exercise[All Fields] OR exercise'[All Fields] OR exercise"[All Fields] OR exercise's[All Fields] OR exercise,[All Fields] OR exercise2[All Fields] OR exerciseable[All Fields] OR exercisealkalosis[All Fields] OR exerciseand[All Fields] OR exercisecardiac[All Fields] OR exercised[All Fields] OR exercisee[All Fields] OR exerciseee[All Fields] OR exercisein[All Fields] OR exerciseinduced[All Fields] OR exerciseismedicine[All Fields] OR exerciseit[All Fields] OR exercisel[All Fields] OR exerciselike[All Fields] OR exerciselphysical[All Fields] OR exercisemedicine[All Fields] OR exercisemobilization[All Fields] OR exercisenomics[All Fields] OR exerciseonly[All Fields] OR exerciseonset[All Fields] OR exerciser[All Fields] OR exerciser's[All Fields] OR exercisereally[All Fields] OR exerciseresponse[All Fields] OR exercisers[All Fields] OR exercisers'[All Fields] OR exercises[All Fields] OR exercises'[All Fields] OR exercisesubjects[All Fields] OR exercisetolerance[All Fields] OR exercisexstimulant[All Fields] OR exercising[All Fields] OR exercising'[All Fields] OR exercisis[All Fields]) AND "humans"[MeSH Terms]
"zinc AND athlet*"	("zinc"[MeSH Terms] OR "zinc"[All Fields]) AND (athlet[All Fields] OR athleta[All Fields] OR athletas[All Fields] OR athlete[All Fields] OR athlete'[All Fields] OR athlete's[All Fields] OR athleteinme[All Fields] OR athleten[All Fields] OR athletenfusses[All Fields] OR athleteone[All Fields] OR athletes[All Fields] OR athletes'[All Fields] OR athletes"[All Fields] OR athletes'cognitive[All Fields] OR athletes'performances[All Fields] OR athletesamong[All Fields] OR athletesas[All Fields] OR athletescyclists[All Fields] OR athletesdisordered[All Fields] OR athleteses[All Fields] OR athletesfortransparency[All Fields] OR athletesfrom[All Fields] OR athletesi[All Fields] OR athletesinstructions[All Fields] OR athletesperformance[All Fields] OR athletic[All Fields] OR athleti[All Fields] OR athletic[All Fields] OR athletic'[All Fields] OR athletic's[All Fields] OR athletica[All Fields] OR athletica's[All Fields] OR athletically[All Fields] OR athleticism[All Fields] OR atletico[All Fields] OR athleticogenomics[All Fields] OR athleticperformance[All Fields] OR athleticpt[All Fields] OR athletics[All Fields] OR athletics'[All Fields] OR athleticum[All Fields] OR atletiker[All Fields] OR atletikers[All Fields] OR atletikum[All Fields] OR atletique[All Fields] OR atletischer[All Fields] OR atletism[All Fields] OR atletisme[All Fields] OR atletoid[All Fields] OR athlets[All Fields] OR athlets'[All Fields] OR athlets'body[All Fields]) AND "humans"[MeSH Terms]
"serum zinc OR plasma zinc AND physical activity"	((("serum"[MeSH Terms] OR "serum"[All Fields]) AND ("zinc"[MeSH Terms] OR "zinc"[All Fields])) OR (("plasma"[MeSH Terms] OR "plasma"[All Fields]) AND ("zinc"[MeSH Terms] OR "zinc"[All Fields])) AND ("motor activity"[MeSH Terms] OR ("motor"[All Fields] AND "activity"[All Fields]) OR "motor activity"[All Fields] OR ("physical"[All Fields] AND "activity"[All Fields]) OR "physical activity"[All Fields]) AND "humans"[MeSH Terms])