	Participant		Exercise Parameters			NO_{3-} Supplementation		
						$[NO_{3-}]$	Duration	Timing
Reference	*n*	VO_{2peak} (mL·kg^{-1}·min^{-1})	Modality	Task	Time (s)	(units)	(days)	(min before ex)
Men Only, Normoxia								
Aucouturier (2015)	12	46.6 ± 3.4	Cycling	TrTE	330	5.4	3	120
Bailey (2009)	8	49.0 ± 5.0	Cycling	TTE	675	5.5	6	180
Bailey (2010)	7	--	Knee Extension	TTE	734	5.1	6	180
Bailey (2015)	7	--	Cycling	TTE	362	8.4	9	150
	7		Cycling	TTE	344			
Bescos (2011)	11	65.1 ± 20.6	Cycling	TTE	416	11.7	1	180
Bescos (2012)	13	--	Cycling	DT	2400	11.6	3	180
Boorsma (2014)	8	80.0 ± 5.0	Running	TT	250.7	19.5	1	150
	8	80.0 ± 5.0	Running	TT	250.5	19.5	6	150
Bourdillon (2015)	12	--	Cycling	TT	1597	7.35	3	--
Callahan (2017)	8	65.2 ± 4.2	Cycling	TT	337.4	5	4	60
Cermak (2012a)	13	58.0 ± 6.9	Cycling	TT	953	8	6	150
Cermak (2012b)	20	60.0 ± 4.5	Cycling	WT	3930	8.7	1	150
Christensen (2013)	10	72.1 ± 4.5	Cycling	WT	1100	8	6	180
Craig (2018)	10	--	Handgrip	TTE	358	13	1	150
Cuenca (2018)	15	--	Cycling	FI	30	6.4	1	180
de Castro (2019)	14	45.4 ± 5.9	Running	TT	3006	8.4	3	120
de Oliveira (2018)	12	--	Handgrip	TTE	139	12.2	8	120
Dominguez (2017)	15	--	Cycling	FI	48.65	5.6	1	180
Fulford (2013)	8	--	Knee Extension	FI	440	10.2	1	150
	8	--	Knee Extension	FI	440	10.2	5	150
	8	--	Knee Extension	FI	440	10.2	15	150
Garnacho-Castano (2018)	12	54.8 ± 3.1	Cycling	TTE	933	6.5	1	180
Ghiarone (2017)	11	39.4 ± 9.6	Cycling	TTE	379	8.8	1	150
Handzlik (2013)	14	63.0 ± 10.0	Cycling	TTE	1240	8	1	75

Hoon (2014)	10	--	Rowing	TT	383.4	4.2	1	120
	10	--	Rowing	TT	381.9	8.4	1	120
Husmann (2019)	12	--	Knee Extension	TTE	761	6.5	5	120
Kelly (2013)	9	54.5 ± 7.5	Cycling	TTE	696	16.4	7	150
	9	54.5 ± 7.5	Cycling	TTE	452	16.4	7	150
	9	54.5 ± 7.5	Cycling	TTE	294	16.4	7	150
	9	54.5 ± 7.5	Cycling	TTE	182	16.4	7	150
Kelly (2014)	12	58.3 ± 6.3	Cycling	TTE	412	8.4	3	150
Kent (2018)	12	65.8 ± 5.5	Cycling	TT	3189	13	3	120
Kramer	12	48.5 ± 7.0	Rowing	TT	459.73	8	6	180
Lane	12	71.6 ± 4.6	Cycling	TT	3845.03	16.8	1	130
Lansley	9	56.0 ± 5.7	Cycling	TT	376.2	6.2	1	150
	9	56.0 ± 5.7	Cycling	TT	1614	6.2	1	150
Lansley	9	55.0 ± 7.0	Running	TTE	522	6.2	6	180
LeRoux-Mallouf	15	--	Knee Extension	TrTE	648	6.9	1	90
MacLeod	11	67.5 ± 5.8	Cycling	TT	961	6.5	1	120
McQuillan	9	68.0 ± 3.0	Cycling	TT	341	8	3	90
	9	68.0 ± 3.0	Cycling	TT	79.6	8	4	90
	9	68.0 ± 3.0	Cycling	TT	340	8	6	90
	9	68.0 ± 3.0	Cycling	TT	79.3	8	7	90
McQuillan	8	64 ± 5	Cycling	TT	--	8	3	90
Muggeridge	8	49.0 ± 6.1	Kayaking	TT	276	5	1	180
Mumford	28	--	Cycling	DT	1800	1.6	7	180
Nyakayiru	32	--	Running	DT	#N/A	12.9	6	180
Nyakayiru	17	65.0 ± 4.0	Cycling	TT	1022	12.9	1	180
	17	65.0 ± 4.0	Cycling	TT	1004	12.9	6	180
Pawlak-Chaouch	9	71.1 ± 5.2	Cycling	TrTE	630	5.4	3	120
Peacock	10	69.6 ± 5.1	Running	TT	1005	9.9	1	150
Peeling	6	57.2 ± 2.8	Rowing	DT	240	4.8	1	150

Porcelli	8	37.8 ± 5.8	Running	TT	886	5.5	6	210
	7	52.0 ± 4.5	Running	TT	723	5.5	6	210
	6	72.4 ± 6.1	Running	TT	627	5.5	6	210
Rokkedal-Lausch	12	66.4 ± 5.3	Cycling	TT	884.5	12.4	7	165
Sandbakk	9	69.3 ± 5.8	Running	TT	1016	9.8	1	120
	9	69.3 ± 5.8	Running	TT	24.1	9.8	1	120
Shannon	8	62.3 ± 8.1	Running	TT	2643.1	12.5	1	180
	8	62.3 ± 8.1	Running	TT	319.6	12.5	1	180
Smith	12	46.1 ± 6.4	Cycling	FI	720	6.2	1	180
Tan	12	45.0 ± 4.0	Cycling	WT	417.5	12.4	3	150
Thompson	16	47.3 ± 6.3	Cycling	TTE	185	5	1	90
Thompson	36	--	Running	DT	#N/A	6.4	5	150
Tillin	17	--	Knee Extension	FI	300	12.9	7	150
Van Hoorebeke	13	55.6 ± 3.7	Running	TT	1380	3.8	6	150
Wilkerson	8	63.0 ± 8.0	Cycling	TT	8202	6.2	1	150
Wylie	14	52.0 ± 7.0	Running	DT	#N/A	28.7	1	90
Wylie	10	--	Cycling	TTE	508	4.2	1	150
	10	--	Cycling	TTE	570	8.4	1	150
	10	--	Cycling	TTE	552	16.8	1	150
Wylie (2016)	10	58.0 ± 8.0	Cycling	FI	144	8.2	5	150
Men Only, Hypoxia								
Arnold	10	66.0 ± 7.0	Running	TT	2862	7	1	150
	10	66.0 ± 7.0	Running	TTE	402	7	1	150
Bourdillon	12	--	Cycling	TT	2155	7.35	3	--
Horiuchi	9	--	Cycling	TTE	490	12.5	4	150
Kelly	12	58.3 ± 6.3	Cycling	TTE	214	8.4	3	150
Kent	12	53.1 ± 8.7	Cycling	FI	1296	12.9	1	120
MacLeod	11	67.5 ± 5.8	Cycling	TT	1018	6.5	1	120
Masschelein	15	61.7 ± 8.1	Cycling	TTE	597	5.1	6	90

Muggeridge	9	51.9 ± 17.4	Cycling	TT	1664	5	1	180
Rokkedal-Lausch	12	66.4 ± 5.3	Cycling	TT	939.5	12.4	7	165
Rossetti	20	51.0 ± 6.0	Walking	TTE	666	6.4	6	150
Shannon	12	62.1 ± 9.3	Running	TT	331.1	15.2	1	180
Shannon	10	60.9 ± 10.1	Running	TT	1653.9	12.5	1	120
	10	60.9 ± 10.1	Running	TT	1809.8	12.5	1	120
Mixed Study, Normoxia								
Breese (2013)	9	--	Cycling	TTE	635	8	6	120
Coggan (2015)	12	--	Knee Extension	FI	100	11.2	1	120
Gasier (2017)	10	--	Handgrip	TTE	140	15	1	--
Larsen (2010)	9	--	Cycling	TTE	563	--	--	40
Lee (2019)	35	--	Knee Extension	FI	100	8	1	150
Lowings (2017)	10	--	Swimming	TT	130.37	12.5	1	180
Martin (2014)	16	52.9 ± 9.7	Running	TrTE	494	4.8	1	120
Montenegro (2017)	22	50.4 ± 7.7	Running	TT	2970	8	1	120
	22	50.4 ± 7.7	Running	TT	1392	8	1	120
Murphy (2012)	11	--	Running	TT	1463.415	8	1	75
Nyback (2017)	8	65.0 ± 3.6	Roller-skiing	TT	295	13	1	150
Oskarsson (2018)	9	56.1 ± 7.2	Running	TT	200	7.3	1	150
Rimer (2016)	13	--	Cycling	FI	30	22.4	1	150
Vasconcellos (2017)	25	59.2 ± 7.4	Running	TTE	395.4	10	1	90
Mixed Study, Hypoxia								
Gasier (2017)	10	--	Handgrip	TTE	113.6	15	1	--
Nyback (2017)	8	65 ± 3.6	Roller-skiing	TT	301	13	1	150
Vanhatalo (2011)	9	--	Knee Extension	TTE	477	9.3	1	150
Women Only, Normoxia								
Buck (2015)	13	--	Running	TT	69.84	6	1	180
Glaister (2015)	14	52.3 ± 4.9	Cycling	TT	2119.8	7.2	1	150

Lane (2014)	12	59.9 ± 5.1	Cycling	TT	3101.06	16.8	1	130
Peeling (2015)	5	47.8 ± 3.7	Rowing	TT	114.6	9.6	1	120
Wickham (2019)	12	40.7 ± 4.3	Cycling	WT	1912	26	1	150
	12	40.7 ± 4.3	Cycling	WT	1892	26	8	150

Supplementary Table 1. Included studies characteristics and results. Values are displayed as mean ± SD. Time indicates the mean performance time with NO_3^- supplementation. Multiple lines are listed for a single study if multiple performance trials were performed; one line is included for each data set contributing to the meta-analyses. NO3-, nitrate supplementation; TrTE, trials to exhaustion; TTE, time to exhaustion; DT, distance trial (fixed-time); TT, time trial (fixed-distance); WT, work trial; FI, fatigue index; ex, exercise; min, minutes.