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|   | **Measurement**  | **Control** | **Low ketosis** | **High ketosis** |
| Leg discomfort | Pre-drink (rest) |   |   |   |
| (0 - 10) | Post-drink (rest) |   |   |   |
|   | 15 min (25%) | 0.25 ± 0.50 | 0.75 ± 0.96 | 0.25 ± 0.50 |
|   | 20 min (25%) | 0.25 ± 0.42 | 0.50 ± 0.84 | 0.17 ± 0.41 |
|   | 35 min (50%) | 2.00 ± 1.63 | 2.13 ± 2.17 | 2.00 ± 1.41 |
|   | 40 min (50%) | 1.42 ± 1.56 | 1.83 ± 1.75 | 1.50 ± 1.22 |
|   | 55 min (75%) | 5.50 ± 1.29 | 5.25 ± 1.26 | 4.75 ± 2.63 |
|   | 60 min (75%) | 5.33 ± 1.86 | 4.42 ± 2.50 | 4.83 ± 2.93 |
| Leg anxiety | Pre-drink (rest) |   |   |   |
| (0 - 10) | Post-drink (rest) |   |   |   |
|   | 15 min (25%) | 0.00 ± 0.00 | 0.00 ± 0.00 | 0.00 ± 0.00 |
|   | 20 min (25%) | 0.00 ± 0.00 | 0.00 ± 0.00 | 0.00 ± 0.00 |
|   | 35 min (50%) | 0.88 ± 1.03 | 0.75 ± 1.50 | 0.75 ± 0.96 |
|   | 40 min (50%) | 0.58 ± 0.92 | 0.58 ± 1.20 | 0.50 ± 0.84 |
|   | 55 min (75%) | 2.50 ± 1.91 | 2.25 ± 2.22 | 2.63 ± 2.50 |
|   | 60 min (75%) | 2.00 ± 2.53 | 1.75 ± 2.23 | 2.33 ± 3.27 |
| Breathlessness | Pre-drink (rest) |   |   |   |
| (0 - 10) | Post-drink (rest) |   |   |   |
|   | 15 min (25%) | 0.00 ± 0.00 | 0.50 ± 0.58 | 0.00 ± 0.00 |
|   | 20 min (25%) | 0.17 ± 0.41 | 0.33 ± 0.52 | 0.00 ± 0.00 |
|   | 35 min (50%) | 1.88 ± 0.85 | 1.50 ± 1.78 | 1.25 ± 0.50 |
|   | 40 min (50%) | 1.75 ± 0.76 | 1.25 ± 1.44 | 1.00 ± 0.63 |
|   | 55 min (75%) | 5.00 ± 0.82 | 4.75 ± 1.04 | 5.13 ± 1.03 |
|   | 60 min (75%) | 4.67 ± 1.63 | 4.50 ± 1.52 | 4.08 ± 1.91 |
| Breathing Anxiety | Pre-drink (rest) |   |   |   |
| (0 - 10) | Post-drink (rest) |   |   |   |
|   | 15 min (25%) | 0.00 ± 0.00 | 0.00 ± 0.00 | 0.00 ± 0.00 |
|   | 20 min (25%) | 0.00 ± 0.00 | 0.00 ± 0.00 | 0.00 ± 0.00 |
|   | 35 min (50%) | 0.13 ± 0.25 | 0.50 ± 1.00 | 0.38 ± 0.48 |
|   | 40 min (50%) | 0.42 ± 0.66 | 0.50 ± 1.22 | 0.25 ± 0.42 |
|   | 55 min (75%) | 2.25 ± 0.96 | 2.00 ± 1.63 | 2.75 ± 2.36 |
|   | 60 min (75%) | 1.83 ± 1.94 | 1.75 ± 2.09 | 2.08 ± 2.42 |

**SDC 5. Compartmentalised perceptions (leg discomfort and breathlessness) to exercise exertion and emotional affective responses to these (anxiety of leg anxiety and anxiety of breathing).** Values are expressed as means ± SD (n=6).