Supplementary Table. Extracted Study Data

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Author | Year | Supp | Direction | IMean | ISd | PMean | PSd | CMean | CSd | N |
| Bird (1995) | 1995 | SB | -1 | 252 | 10 | 257 | 13 | 258 | 13 | 10 |
| Bird (1995) | 1995 | SB | -1 | 256 | 15 | 257 | 11 | 258 | 13 | 10 |
| Carr (2011) | 2011 | SB | 1 | 348 | 67 | 346 | 61 | 344 | 59 | 8 |
| Coombes (1993) | 1993 | SB | 1 | 11 | 1 | 10 | 1 | 10 | 2 | 9 |
| Coppoolse (1997) | 1997 | SB | 1 | 296 | 50 | 302 | 53 | 302 | 53 | 5 |
| Goldfinch (1988) | 1988 | SB | -1 | 57 | 2 | 59 | 2 | 58 | 2 | 6 |
| Griffen (2015) | 2015 | SB | 1 | 8140 | 488 | 7818 | 488 | 7988 | 552 | 9 |
| Lindh (2008) | 2008 | SB | -1 | 112 | 5 | 114 | 4 | 114 | 4 | 9 |
| Materko (2008) | 2008 | SB | 1 | 103 | 18 | 104 | 18 | 100 | 18 | 11 |
| Materko (2008) | 2008 | SB | 1 | 70 | 11 | 70 | 11 | 68 | 1 | 11 |
| McLellan (1988) | 1988 | SB | 1 | 12 | 4 | 10 | 2 | 10 | 2 | 4 |
| McNaughton (1990) | 1990 | SB | 1 | 37 | 3 | 36 | 4 | 35 | 3 | 11 |
| McNaughton (1990) | 1990 | SB | 1 | 39 | 2 | 36 | 4 | 35 | 3 | 11 |
| McNaughton (1990) | 1990 | SB | 1 | 41 | 2 | 36 | 4 | 35 | 3 | 11 |
| McNaughton (1990) | 1990 | SB | 1 | 41 | 1 | 36 | 4 | 35 | 3 | 11 |
| McNaughton (1990) | 1990 | SB | 1 | 45 | 2 | 36 | 4 | 35 | 3 | 11 |
| McNaughton (1991) | 1991 | SB | 1 | 9940 | 344 | 9288 | 278 | 9263 | 246 | 8 |
| McNaughton (1992) | 1992 | SB | 1 | 36 | 4 | 36 | 3 | 35 | 3 | 9 |
| McNaughton (1992) | 1992 | SB | 1 | 39 | 2 | 36 | 4 | 35 | 3 | 9 |
| McNaughton (1992) | 1992 | SB | 1 | 41 | 2 | 36 | 4 | 35 | 3 | 9 |
| McNaughton (1992) | 1992 | SB | 1 | 41 | 1 | 36 | 4 | 35 | 3 | 9 |
| McNaughton (1992) | 1992 | SB | 1 | 45 | 2 | 36 | 4 | 35 | 3 | 9 |
| McNaughton (1992) | 1992 | SB | 1 | 7 | 0 | 7 | 0 | 7 | 0 | 8 |
| McNaughton (1992) | 1992 | SB | 1 | 20 | 2 | 19 | 3 | 20 | 2 | 8 |
| McNaughton (1992) | 1992 | SB | 1 | 74 | 8 | 68 | 6 | 70 | 8 | 8 |
| McNaughton (1992) | 1992 | SB | 1 | 122 | 64 | 113 | 59 | 109 | 66 | 8 |
| McNaughton (1992) | 1992 | SB | 1 | 8 | 0 | 8 | 0 | 8 | 0 | 10 |
| McNaughton (1992) | 1992 | SB | 1 | 19 | 2 | 19 | 2 | 19 | 2 | 10 |
| McNaughton (1992) | 1992 | SB | 1 | 77 | 8 | 68 | 6 | 68 | 7 | 10 |
| McNaughton (1992) | 1992 | SB | 1 | 129 | 61 | 113 | 59 | 109 | 60 | 10 |
| McNaughton (1997) | 1997 | SB | 1 | 27 | 1 | 25 | 1 | 25 | 1 | 10 |
| McNaughton (1999) | 1999 | SB | 1 | 951 | 81 | 839 | 89 | 836 | 100 | 10 |
| Miller (2016) | 2016 | SB | 1 | 63 | 8 | 70 | 12 | 60 | 12 | 11 |
| Morris (2011) | 2011 | SB | 1 | 62 | 18 | 52 | 19 | 54 | 12 | 11 |
| Oliveira (2017) | 2017 | SB | 1 | 34244 | 5160 | 33192 | 4338 | 33436 | 4928 | 18 |
| Oliveira (2017) | 2017 | SB | 1 | 33244 | 5379 | 33192 | 4338 | 33436 | 4928 | 18 |
| Painelli (2013) | 2013 | SB | -1 | 62 | 5 | 64 | 6 | 63 | 6 | 7 |
| Painelli (2013) | 2013 | SB | -1 | 135 | 10 | 139 | 11 | 137 | 10 | 7 |
| Pierce (1992) | 1992 | SB | -1 | 54 | 1 | 54 | 1 | 53 | 1 | 7 |
| Pierce (1992) | 1992 | SB | -1 | 120 | 3 | 120 | 4 | 127 | 14 | 7 |
| Pierce (1992) | 1992 | SB | -1 | 140 | 14 | 139 | 16 | 139 | 14 | 7 |
| Tiryaki (1995) | 1995 | SB | -1 | 121 | 11 | 120 | 10 | 125 | 9 | 15 |
| Tiryaki (1995) | 1995 | SB | -1 | 120 | 11 | 120 | 10 | 125 | 9 | 15 |
| Wilkes (1983) | 1983 | SB | -1 | 123 | 2 | 125 | 2 | 126 | 2 | 6 |
| Rezaei (2019) | 2019 | SB | 1 | 689 | 13 | 632 | 17 | 628 | 15 | 8 |
| Bridge (2006) | 2006 | Caf | -1 | 1901 | 43 | 1924 | 43 | 1926 | 35 | 8 |
| Clarke (2016) | 2016 | Caf | 1 | 873 | 172 | 887 | 119 | 892 | 143 | 12 |
| Clarke (2016) | 2016 | Caf | 1 | 862 | 44 | 887 | 119 | 892 | 143 | 12 |
| Dolan (2017) | 2017 | Caf | 1 | 1342 | 320 | 1397 | 360 | 1436 | 292 | 14 |
| Flinn (1990) | 1990 | Caf | 1 | 206 | 8 | 167 | 8 | 164 | 9 | 9 |
| Karayigit (2017) | 2017 | Caf | 1 | 646 | 74 | 652 | 74 | 655 | 68 | 10 |
| McNaughton (2008) | 2008 | Caf | -1 | 28 | 1 | 26 | 2 | 26 | 2 | 6 |
| Wiles (2006) | 2006 | Caf | 1 | 523 | 43 | 505 | 46 | 504 | 38 | 8 |
| Saunders (2016) | 2016 | Caf | 1 | 234 | 37 | 228 | 38 | 226 | 38 | 42 |
| Rezaei (2019) | 2019 | Caf | 1 | 674 | 44 | 636 | 39 | 631 | 38 | 8 |
| Grgic (2020) | 2020 | Caf | 1 | 37 | 7 | 36 | 6 | 35 | 7 | 26 |

Data Legend: SB = Sodium Bicarbonate; Caf = Caffeine; I = Intervention; P = Placebo; C = Control; N = Sample Size.