**Supplemental Table 1**: Search terms

|  |  |  |  |
| --- | --- | --- | --- |
| Intervention Terms | Outcome Terms | Population Terms | Exclusion Criteria |
| Carbohydrate | Glycogen | Men | Rats |
| Protein |  | Women | Mice |
| “Amino Acids” |  | Athletes | Obese |
|  |  | Runners | Overweight |
|  |  | Rowers | Diabetes |
|  |  | Cyclists |  |
|  |  | “Power lifters” |  |
|  |  | “Body building” |  |

Terms searched on Pubmed (<http://www.ncbi.nlm.nih.gov/pubmed>) and the Cochrane Library (https://www.cochranelibrary.com) on 12 July 2019 and again on 24 March 2020.