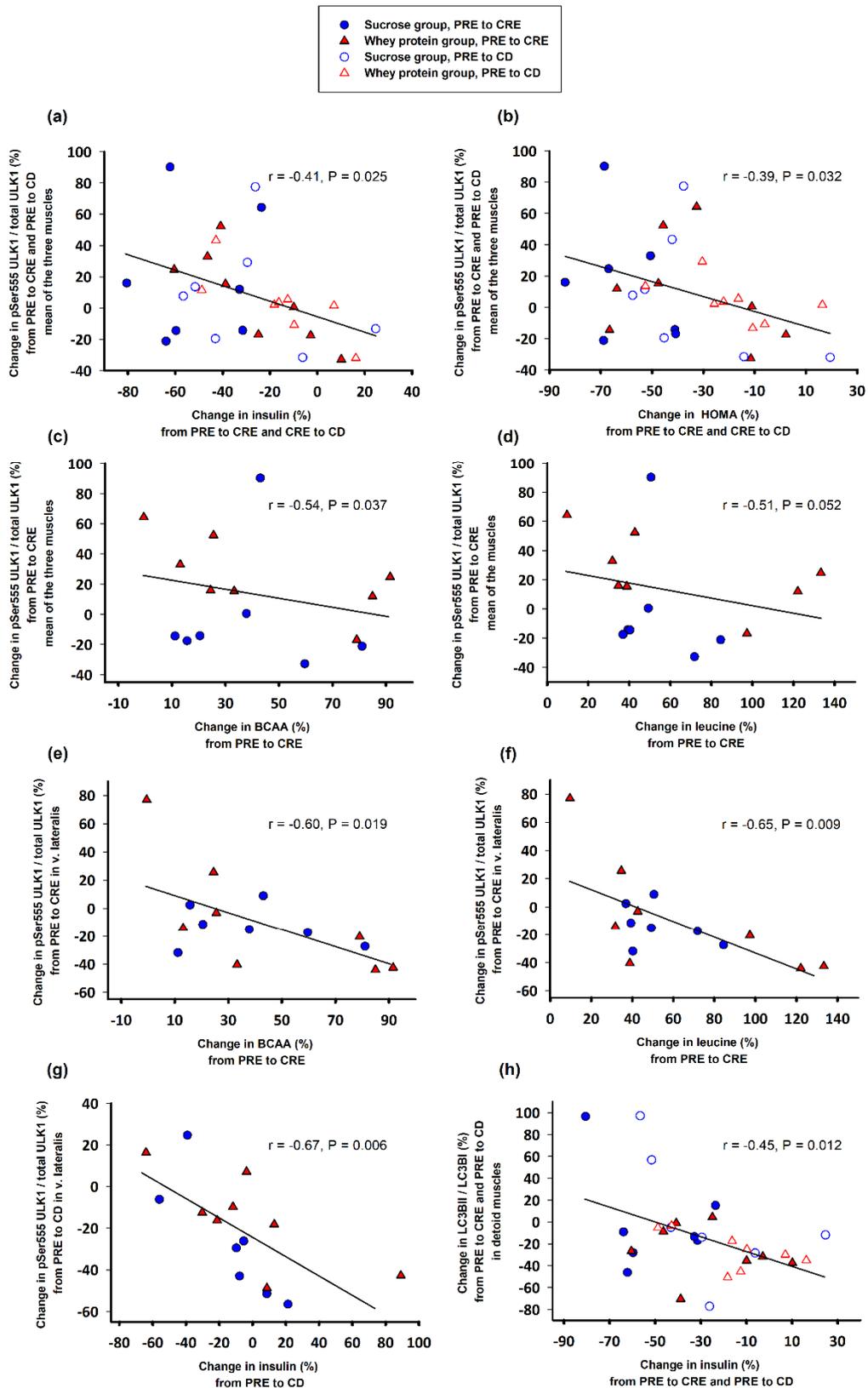


**Figure S1.** Correlations between changes in signaling and hormones or amino acids for subjects in the sucrose and whey protein groups.  $n = 7$  and  $n = 8$  for the sucrose and whey protein groups, respectively. Deltoid muscles = mean of both arms.



**Figure S2.** Correlations between changes in signaling and hormones or amino acids from PRE to CRE ( $n = 7$  and  $n = 8$  for sucrose and whey protein groups, respectively). In a, b, and h correlations from PRE to CRE and PRE to CD are combined ( $n = 30$ ). Deltoid muscles = mean of both arms.