

Duration Production Task					Simon Task							
mean (standard errors)					mean (standard errors)							
Produced												
		Duration	Variance	Reaction Time				Errors				
		(ms)	(ms)	(ms)				(%)				
				CO	IN	Total	Simon Effect §	CO	IN	Total	Simon Effect §	
Nutritional supplementation	PL	Block 1	1370.7 (50.9)	197.9 (17.5)	336.0 (8.7)	365.5 (9.7)	350.7 (6.8)	29.4 (5.7)	4.7 (0.8)	9.8 (1.2)	7.2 (0.8)	5.1 (1.2)
		Block 2	1313.3 (56.8)	201.4 (24.0)	334.3 (7.3)	359.8 (9.0)	347.1 (6.0)	25.5 (5.1)	4.3 (0.9)	8.9 (1.3)	6.6 (0.9)	4.6 (1.3)
		Block 3	1312.7 (58.6)	185.6 (15.9)	323.9 (7.7)	357.6 (7.9)	340.8 (6.0)	33.7 (3.7)	4.6 (0.6)	8.7 (1.2)	6.6 (0.7)	4.2 (1.5)
		Total	1332.2 (31.8)	195.0 (11.1)	331.4 (4.6) ●	361.1 (5.1) ●	346.2 (3.6)	29.5 (2.8) ●	4.5 (0.4)	9.1 (0.7)	6.8 (0.5)	4.6 (0.8)
	CHO	Block 1	1348.9 (44.2)	186.8 (14.5)	334.7 (8.1)	362.2 (8.0)	348.4 (6)	27.5 (6.3)	7.0 (1.5)	10.4 (1.7)	8.7 (1.2)	3.4 (2.6)
		Block 2	1259.2 (41.0)	171.6 (14.6)	334.4 (8.4)	361.8 (8.5)	348.1 (6.1)	27.5 (5.5)	3.3 (0.8)	9.5 (0.9)	6.4 (0.8)	6.3 (1.0)
		Block 3	1249.6 (39.4)	161.5 (11.8)	324.2 (8.0)	356.5 (8.1)	354.6 (6.1)	32.3 (5.5)	4.4 (0.9)	9.8 (1.1)	7.1 (0.8)	5.3 (1.2)
		Total	1285.9 (24.3) ■	173.3 (7.9) ■ ▲	331.1 (4.7) ●	360.2 (4.7)	345.6 (3.5)	29.1 (3.3) ●	4.9 (0.7)	9.9 (0.7)	7.4 (0.5)	5.0 (1.0)
	CAF	Block 1	1292.6 (24.5)	187.0 (11.8)	338.0 (8.5)	364.4 (8.9)	351.2 (6.3)	26.4 (5.12)	5.1 (0.9)	10.3 (1.3)	7.7 (0.9)	5.2 (1.6)
		Block 2	1255.9 (39.1)	187.3 (14.3)	336.8 (8.0)	360.7 (6.7)	348.8 (5.5)	23.9 (4.6)	3.9 (0.9)	10.5 (1.4)	7.2 (0.9)	6.6 (1.6)
		Block 3	1249.0 (31.5)	167.7 (11.5)	328.4 (7.4)	352.4 (7.4)	340.4 (5.5)	24 (4.7)	4.6 (0.8)	8.5 (1.4)	6.5 (0.9)	3.9 (1.7)
		Total	1265.8 (18.5) ■	180.7 (7.3) ■	334.4 (4.6)	359.1 (4.4)	346.8 (3.3)	24.8 (2.8)	4.5 (0.5)	9.8 (0.8)	7.1 (0.5)	5.3 (0.9)
Exercise	GUA	Block 1	1311.2 (35.4)	193.7 (15.8)	338.7 (7.9)	370.4 (8.7)	354.6 (6.3)	31.7 (6.4)	5.8 (1.1)	10.5 (1.5)	8.2 (1.0)	4.6 (1.8)
		Block 2	1249.9 (40.4)	176.5 (13.1)	336.8 (7)	365.8 (7.9)	351.3 (5.7)	29 (5.6)	3.8 (0.9)	13.3 (2.3)	8.6 (1.4)	9.5 (2.6)
		Block 3	1281.1 (40.2)	170.5 (13.2)	326.9 (7.9)	360.1 (7.6)	343.5 (6.0)	33.2 (5.4)	3.0 (0.7)	12.0 (1.6)	7.5 (1.1)	9.0 (2.8)
		Total	1280.7 (22.2) ■	180.2 (8.1) ■	334.1 (4.4) ■	365.4 (4.6) ●	349.8 (3.4)	30.0 (3.3) ●	4.2 (0.6)	11.9 (1.1)	8.1 (0.7)	7.7 (1.2)
		Block 1	1331.0 (20.0) \$	191.3 (7.4) \$	336.9 (4.1)	365.5 (4.4)	351.2 (3.2) \$	28.4 (2.9)	5.7 (0.6)	10.2 (0.7)	8.0 (0.5)	8.0 (0.5)
		Block 2	1269.8 (22.3) *	184.3 (8.5) \$	335.6 (3.8)	362.0 (4.0)	348.8 (2.9) \$	26.2 (2.6)	3.8 (0.4)	10.5 (0.8)	7.1 (0.5)	7.1 (0.5)
		Block 3	1273.0 (21.7) *	171.3 (6.6) *	325.9 (3.8)	356.6 (3.8)	340.9 (2.9)	30.5 (2.4)	4.1 (0.4)	9.7 (0.7)	6.8 (0.4) ~	6.8 (0.4)
		Total	1292.2 (12.4)	182.9 (4.4)	332.9 (2.4)	361.4 (2.3)	347.2 (2.0)	29.95 (1.8)	4.5 (0.3)	10.2 (0.4)	7.4 (0.3)	5.6 (0.5)

Duration Production Task mean (standard errors)					Simon Task mean (standard errors)							
					Reaction Time (ms)			Errors (%)			Simon Effect ξ	
					CO	IN	Total	Simon Effect ξ	CO	IN	Total	Simon Effect ξ
Nutritional supplementa tion	PL	Block		197.9	336.0	365.5	350.7		4.7	9.8	7.2	
		1	1370.7 (50.9)	(17.5)	(8.7)	(9.7)	(6.8)	29.4 (5.7)	(0.8)	(1.2)	(0.8)	5.1 (1.2)
		Block		201.4	334.3	359.8	347.1		4.3	8.9 (6.6	
		2	1313.3 (56.8)	(24.0)	(7.3)	(9.0)	(6.0)	25.5 (5.1)	(0.9)	1.3)	(0.9)	4.6 (1.3)
		Block		185.6	323.9	357.6	340.8		4.6	8.7	6.6	
		3	1312.7 (58.6)	(15.9)	(7.7)	(7.9)	(6.0)	33.7 (3.7)	(0.6)	(1.2)	(0.7)	4.2 (1.5)
				195.0	331.4	361.1	346.2	29.5 (2.8)	4.5	9.1 (6.8	
		Total	1332.2 (31.8)	(11.1)	(4.6) ●	(5.1) ●	(3.6)	●	(0.4)	0.7)	(0.5)	4.6 (0.8)
		CH	Block		186.8	334.7	362.2		7.0	10.4	8.7	
			1	1348.9 (44.2)	(14.5)	(8.1)	(8.0)	348.4 (6)	27.5 (6.3)	(1.5)	(1.7)	(1.2)
	Block				334.4	361.8	348.1		3.3	9.5	6.4	
	2		1259.2 (41.0)	171.6 14.6)	(8.4)	(8.5)	(6.1)	27.5 (5.5)	(0.8)	(0.9)	(0.8)	6.3 (1.0)
	Block			161.5	324.2	356.5	354.6	32.3	4.4	9.8	7.1	
	O	3	1249.6 (39.4)	(11.8)	(8.0)	(8.1)	(6.1)	(5.5)	(0.9)	(1.1)	(0.8)	5.3 (1.2)
				173.3 (7.9)	331.1	360.2	345.6	29.1 (3.3)	4.9	9.9	7.4	
Total		1285.9 (24.3) ■	■ ▲	(4.7) ●	(4.7)	(3.5)	●	(0.7)	(0.7)	(0.5)	5.0 (1.0)	
CA		Block		187.0	338.0	364.4	351.2		5.1	10.3	7.7	
		F	1	1292.6 (24.5)	(11.8)	(8.5)	(8.9)	(6.3)	26.4 (5.12)	(0.9)	(1.3)	(0.9)

	Block		187.3	336.8	360.7	348.8		3.9	10.5	7.2		
	2	1255.9 (39.1)	(14.3)	(8.0)	(6.7)	(5.5)	23.9 (4.6)	(0.9)	(1.4)	(0.9)	6.6 (1.6)	
	Block		167.7	328.4	352.4	340.4		4.6	8.5	6.5		
	3	1249.0 (31.5)	(11.5)	(7.4)	(7.4)	(5.5)	24 (4.7)	(0.8)	(1.4)	(0.9)	3.9 (1.7)	
			180.7 (7.3)	334.4	359.1	346.8		4.5	9.8	7.1		
	Total	1265.8 (18.5) ■	■	(4.6)	(4.4)	(3.3)	24.8 (2.8)	(0.5)	(0.8)	(0.5)	5.3 (0.9)	
	GU	Block		193.7	338.7	370.4	354.6		5.8	10.5	8.2	
	A	1	1311.2 (35.4)	(15.8)	(7.9)	(8.7)	(6.3)	31.7 (6.4)	(1.1)	(1.5)	(1.0)	4.6 (1.8)
		Block		176.5		365.8	351.3		3.8	13.3	8.6	
		2	1249.9 (40.4)	(13.1)	336.8 (7)	(7.9)	(5.7)	29 (5.6)	(0.9)	(2.3)	(1.4)	9.5 (2.6)
Exercise	Block		170.5	326.9	360.1	343.5		3.0	12.0	7.5		
	3	1281.1 (40.2)	(13.2)	(7.9)	(7.6)	(6.0)	33.2 (5.4)	(0.7)	(1.6)	(1.1)	9.0 (2.8)	
			180.2 (8.1)	334.1	365.4	349.8	30.0 (3.3)	4.2	11.9	8.1		
	Total	1280.7 (22.2) ■	■	(4.4) ■	(4.6) ●	(3.4)	●	(0.6)	(1.1)	(0.7)	7.7 (1.2)	
	Block		191.3 (7.4)	336.9	365.5	351.2		5.7	10.2	8.0		
	1	1331.0 (20.0) \$	\$	(4.1)	(4.4)	(3.2) \$	28.4 (2.9)	(0.6)	(0.7)	(0.5)	8.0 (0.5)	
	Block		184.3 (8.5)	335.6	362.0	348.8		3.8	10.5	7.1		
	2	1269.8 (22.3) *	\$	(3.8)	(4.0)	(2.9) \$	26.2 (2.6)	(0.4)	(0.8)	(0.5)	7.1 (0.5)	
	Block		171.3 (6.6)	325.9	356.6	340.9		4.1	9.7	6.8		
	3	1273.0 (21.7) *	*	(3.8)	(3.8)	(2.9)	30.5 (2.4)	(0.4)	(0.7)	(0.4) ~	6.8 (0.4)	
			332.9	361.4	347.2		4.5	10.2	7.4			
	Total	1292.2 (12.4)	182.9 (4.4)	(2.4)	(2.3)	(2.0)	29.95 (1.8)	(0.3)	(0.4)	(0.3)	5.6 (0.5)	