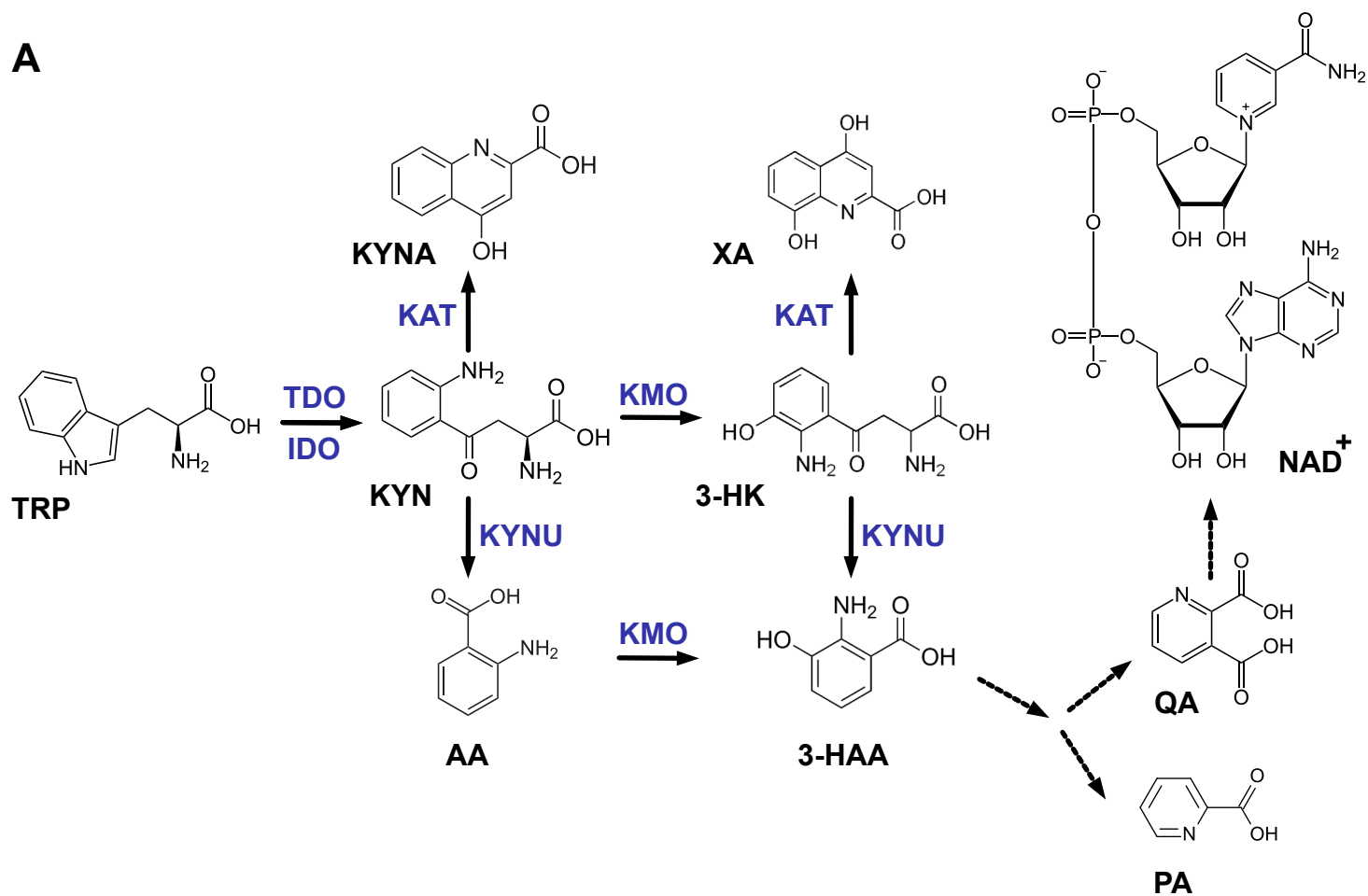


Figure S1

A



B

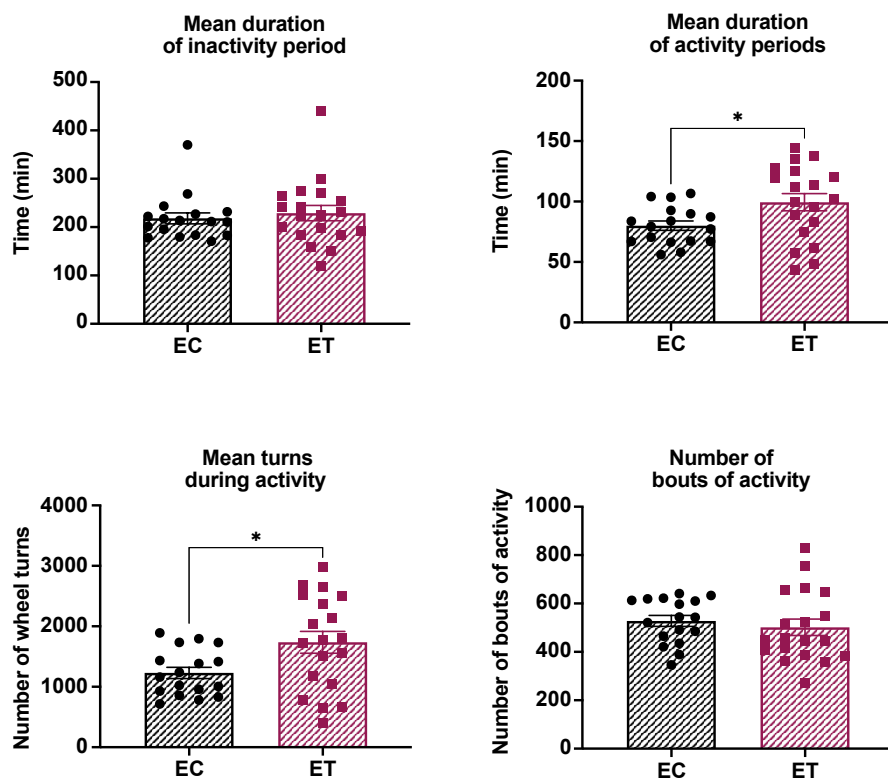


Figure S2

L-Amino acid rodent diet with different levels of Tryptophan

Product #	A10021B		A16042602	
	g%	Kcal %	g%	Kcal %
Protein	17	18	18	18
Carbohydrate	69	71	68	70
Fat	5	12	5	12
Total		101		100
kcal/g		3.9		3.9
Ingredient	g	kcal	g	kcal
L-Arginine	10	40	10	40
L-Histidine-HCl-H ₂ O	6	24	6	24
L-Isoleucine	8	32	8	32
L-Leucine	12	48	12	48
L-Lysine-HCl	14	56	14	56
L-Methionine	6	24	6	24
L-Phenylalanine	8	32	8	32
L-Threonine	8	32	8	32
L-Tryptophan	2	8	10	40
L-Valine	8	32	8	32
L-Alanine	10	40	10	40
L-Asparagine-H ₂ O	5	20	5	20
L-Aspartate	10	40	10	40
L-Cystine	4	16	4	16
L-Glutamic acid	30	120	30	120
L-Glutamine	5	20	5	20
Glycine	10	40	10	40
L-Proline	5	20	5	20
L-Serine	5	20	5	20
L-Tyrosine	4	16	4	16
L-Aminoacids, Total	170	680	178	712
Corn starch	550.5	2202	542.5	2170
Maltodextrin 10	125	500	125	500
Sucrose	0	0	0	0
Cellulose	50	0	50	0
Corn Oil	50	450	50	450
Mineral Mix S10001	35	0	35	0
Sodium bicarbonate	7.5	0	7.5	0
Vitamin Mix V10001	10	40	10	40
Choline bitartrate	2	0	2	0
Blue Dye, FD&C #1	0.05	0	0.025	0
Red Dye, FD&C #40	0.00	0	0.025	0

Figure S3

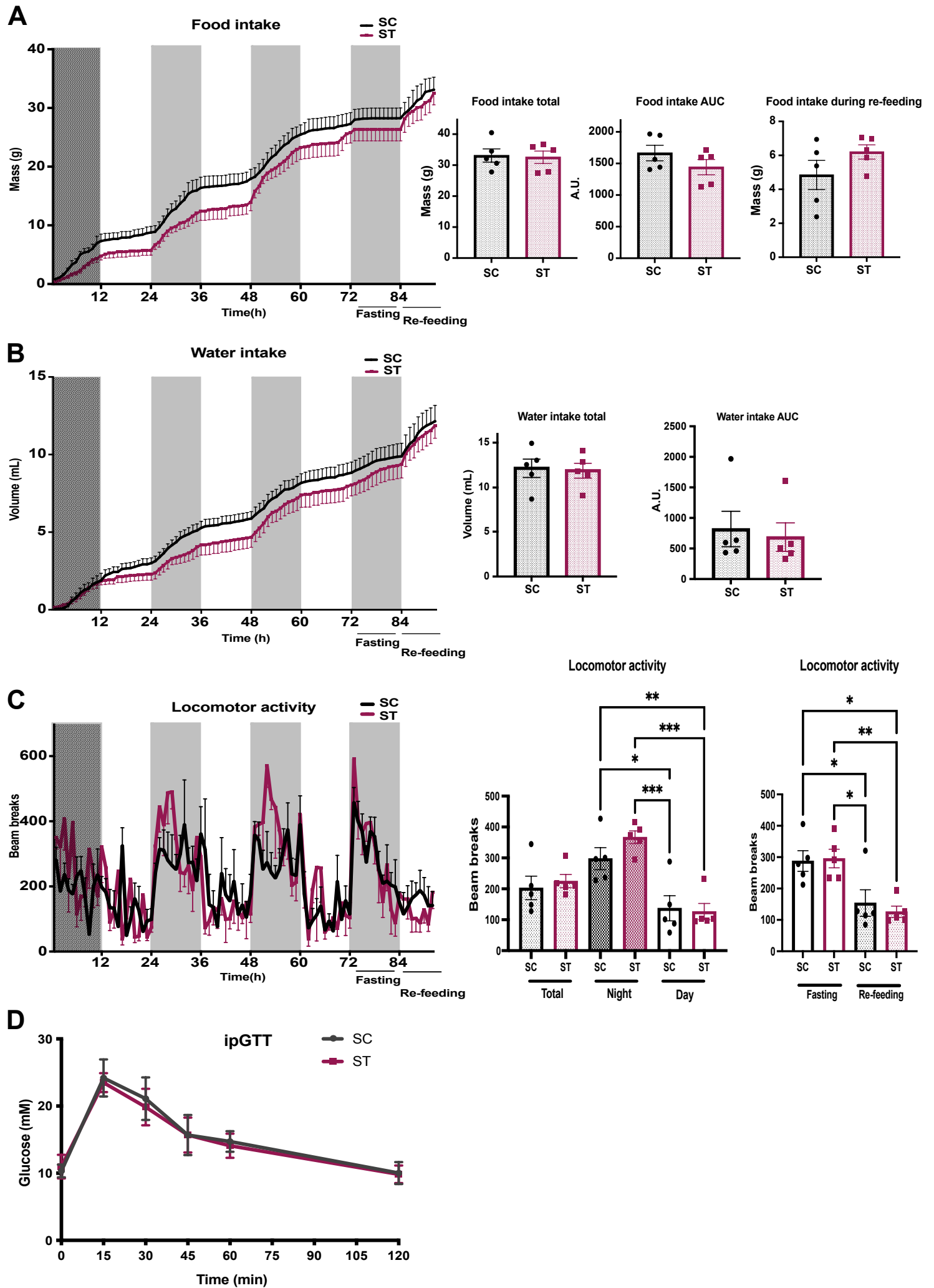


Figure S4

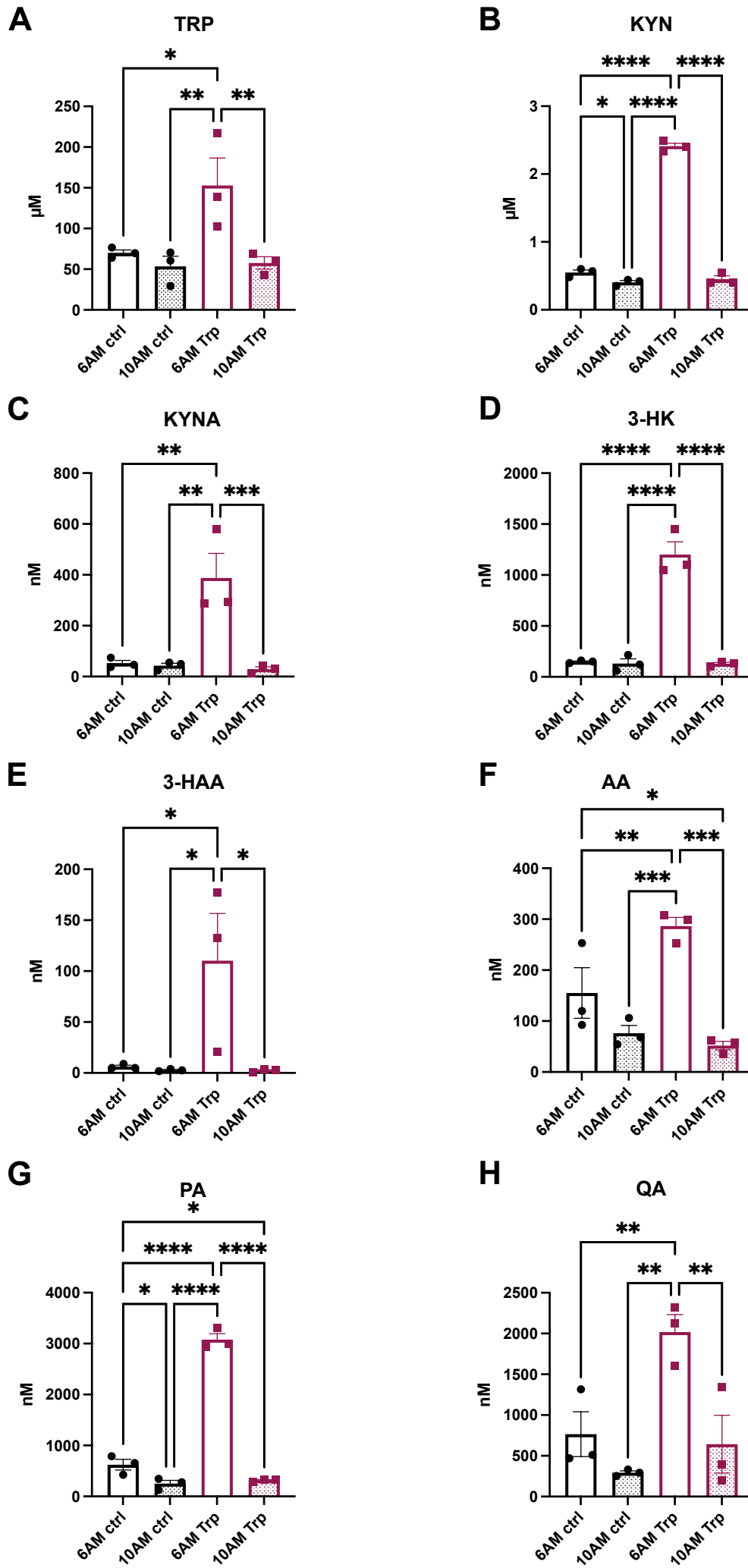


Figure S5

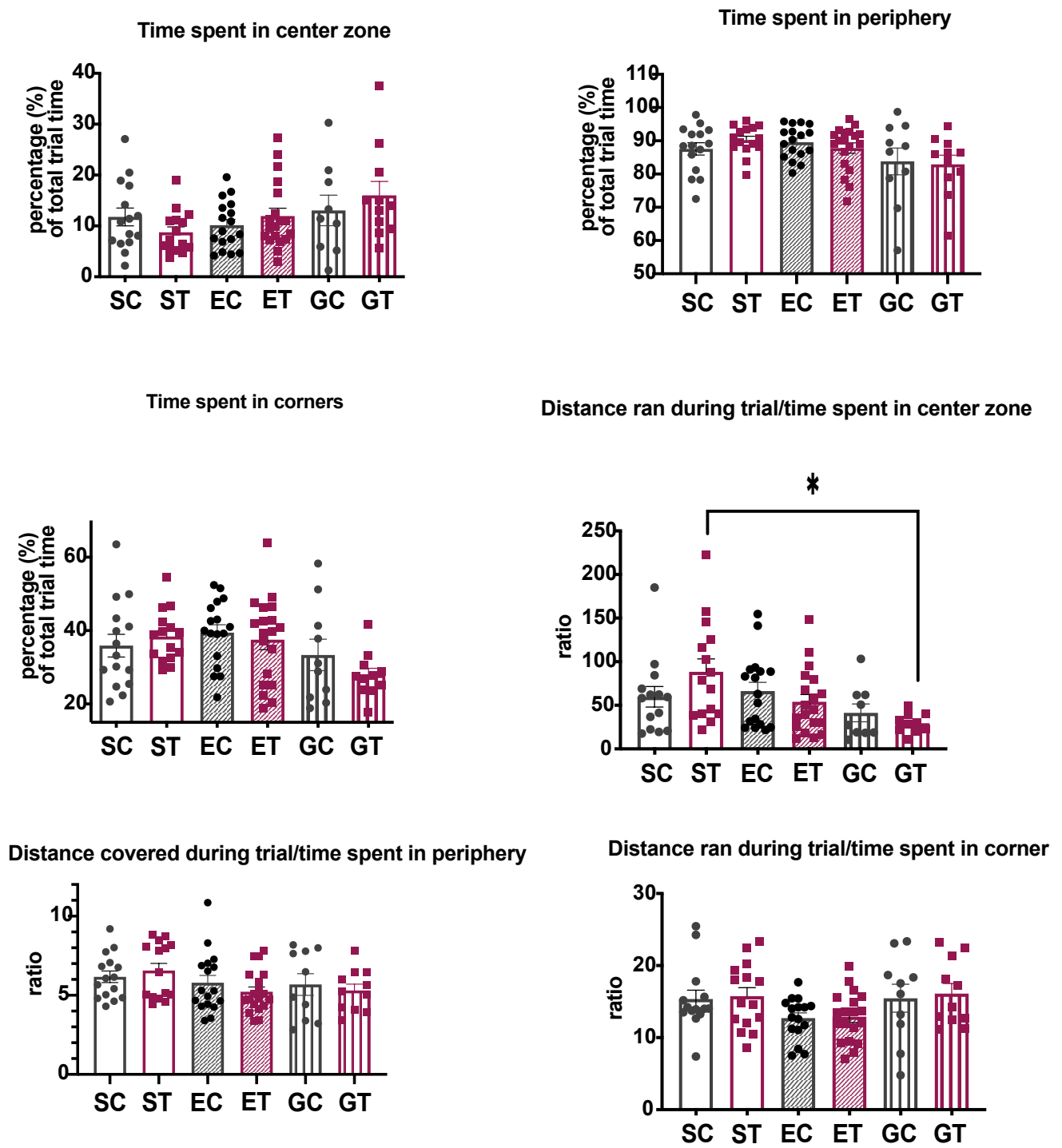
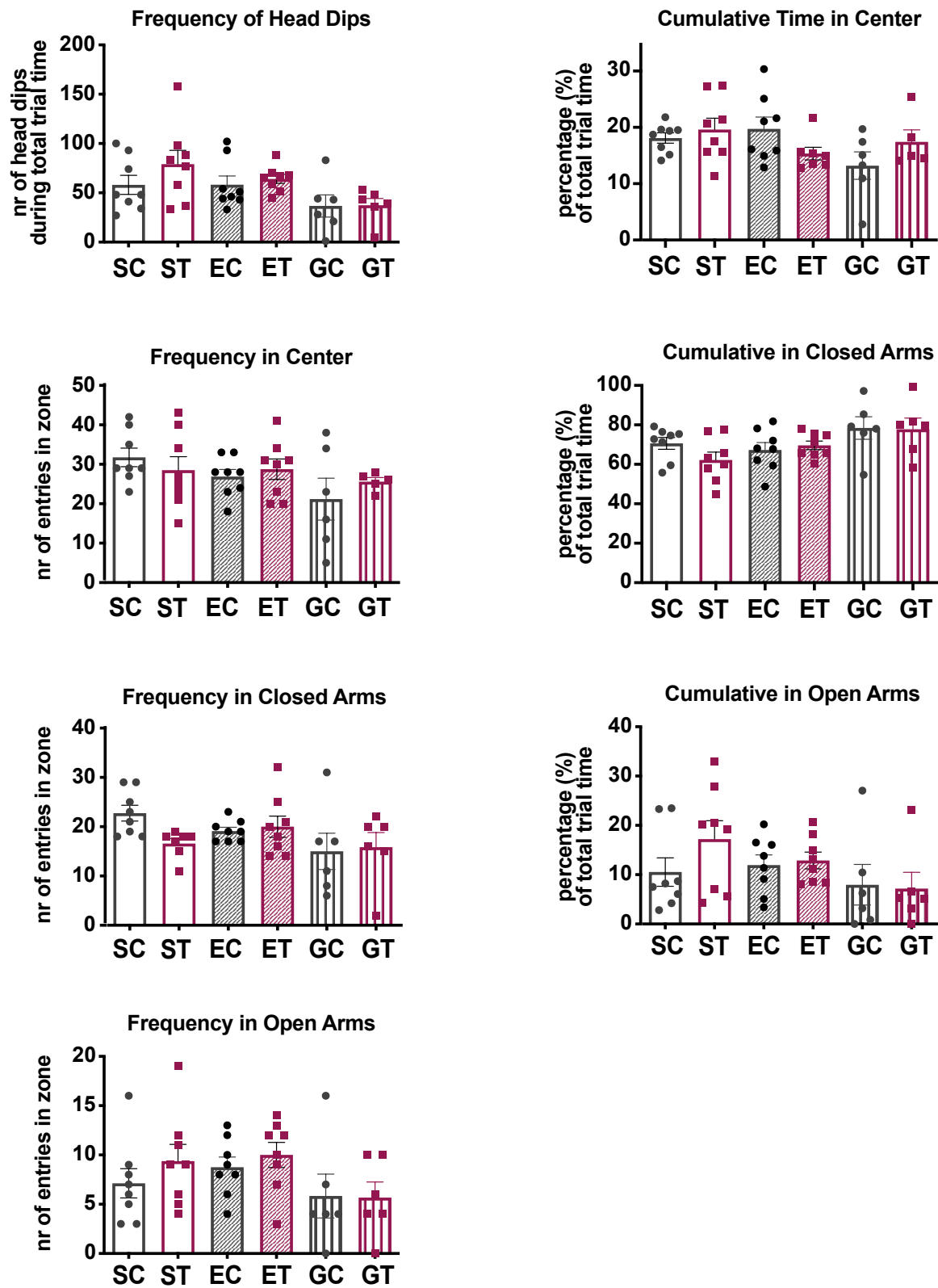


Figure S6



Supplemental Table S1

Training status of volunteers		Untrained	Trained
Weight		76.3 +/-20.3	64.2 +/-2.9
BMI		23.6 +/-5.8	22.3 +/-2.6
Age		31.4 +/-4.7	24.8 +/-6.3
Average VO2 max	(l/min)	3 +/-0.6	3.495 +/-0.7
	(ml/min. kg)	39.9 +/-4.2	54.2 +/-8.9
% of VO2 max	Placebo	60.4 +/-1.9	59 +/-3.6
	TRP	60.5 +/-1.5	59.4 +/-2.3
max HR		188.6 +/-3.4	194 +/-13
RER	Placebo	0.9 +/-0.06	0.9 +/-0.02
	TRP	0.9 +/-0.06	0.92 +/-0.02
HR (0-40min)	Placebo	132.4 +/-6.2	145 +/-13
	TRP	133.1 +/-9	147.3 +/-11
Work (km) 40-50min	Placebo	6.6 +/-0.4	7.2 +/-0.3
	TRP	6.5 +/-0.5	7.2 +/-0.2

Values are presented as mean +/- SD