

Supplemental Table S1. Pre-Sleep Protein Supplement Composition

	Whey Hydrolysate	Whey Isolate	Rice/Pea
Calories (kcal)	183.6	185.5	205.0
Protein (g)	40.5	40.3	40.4
Alanine (g)	2.0	2.0	2.0
Arginine (g)	1.1	1.1	3.5
Aspartic Acid(g)	4.2	4.2	4.2
Cystine (g)	0.8	0.8	0.6
Glutamic Acid (g)	7.0	7.0	7.1
Glycine (g)	0.7	0.7	1.6
Histidine (g)	0.7	0.7	1.1
Isoleucine (g)	2.3	2.3	1.9
Leucine (g)	4.2	4.2	3.4
Lysine (g)	3.7	3.7	2.5
Methionine (g)	0.9	0.9	0.7
Phenylalanine (g)	1.2	1.3	2.3
Proline (g)	2.3	2.3	1.8
Serine (g)	2.0	2.0	2.0
Threonine (g)	2.7	2.7	1.5
Tryptophan (g)	0.7	0.7	0.4
Tyrosine (g)	1.2	1.2	1.5
Valine (g)	2.3	2.3	2.3

Supplemental Table S2. Muscle Function Raw Data.

Variable	Pre	Post (+0 h)	+24 h	+48 h	+72 h
ISOMext (Nm)					
WI	182.9 ± 15.4	152.9 ± 12.6	168.6 ± 15.4	175.0 ± 14.2	184.6 ± 18.0
WH	182.5 ± 10.3	164.3 ± 10.3	153.5 ± 12.6	173.7 ± 11.6	169.5 ± 14.6
RP	193.3 ± 15.4	157.7 ± 12.6	152.1 ± 15.4	144.3 ± 14.2	161.4 ± 18.0
PL	196.4 ± 15.4	144.8 ± 12.6	146.2 ± 15.4	148.5 ± 14.2	163.0 ± 18.0
ISOMflex (Nm)					
WI	86.2 ± 7.9	64.9 ± 8.9	66.7 ± 8.4	57.9 ± 9.1	60.6 ± 8.7
WH	91.9 ± 6.5	68.7 ± 7.2	60.8 ± 6.9	64.0 ± 7.4	67.2 ± 7.1
RP	95.3 ± 7.9	69.1 ± 8.9	72.8 ± 8.4	51.4 ± 9.1	63.0 ± 8.7
PL	99.7 ± 7.9	73.8 ± 8.9	74.0 ± 8.4	70.9 ± 9.1	68.4 ± 8.7
ISOK60ext (Nm)					
WI	173.9 ± 10.9	140.8 ± 12.8	146.2 ± 14.0	152.1 ± 11.4	156.5 ± 13.8
WH	156.5 ± 8.9	142.1 ± 10.5	134.9 ± 11.4	134.2 ± 9.3	137.6 ± 11.3
RP	169.3 ± 10.9	136.8 ± 12.8	130.1 ± 14.0	108.6 ± 11.4	120.4 ± 13.9
PL	163.1 ± 10.9	132.0 ± 12.8	124.3 ± 14.0	120.6 ± 11.4	127.0 ± 13.9
ISOK60flex (Nm)					
WI	96.1 ± 8.0	71.1 ± 7.3	70.6 ± 8.4	61.5 ± 7.5	63.9 ± 8.5
WH	87.6 ± 6.5	72.8 ± 6.0	66.9 ± 6.9	60.1 ± 6.2	59.2 ± 7.0
RP	93.7 ± 8.0	62.6 ± 7.3	63.9 ± 8.4	43.5 ± 7.5	56.0 ± 8.5
PL	89.5 ± 8.0	70.0 ± 7.3	63.9 ± 8.4	56.0 ± 7.5	56.8 ± 8.5

Data are presented as mean ± SE.