

## Supplementary material 4

**Table S4.1. Main effects of gender on sweat rate and percentage body mass change.**

Fixed effects	Sweat rate (per hour)				Percentage body mass change (%)			
	Estimates	95% CI	P value	SMD	Estimates	95% CI	P value	SMD
Intercept	415.6	317.4 – 513.8			-0.23	-0.39 – -0.07		
Male <sup>a</sup>	134.6	10.7 – 258.5	< 0.05	0.65	-0.25	-0.45 – -0.05	< 0.05	-0.52
<b>Random effects</b>								
Between subjects SD	272.5				0.35			
Within subjects SD	206.8				0.48			
ICC	0.63				0.35			

Abbreviations: 95% CI, 95% confidence interval; SMD, smallest mean difference

Notes: <sup>a</sup> reference group = Female.

**Table S4.2. Pairwise comparison between genders for sweat rate.**

(I) Gender	(J) Gender	Mean Difference	SE	<i>P</i> value <sup>a</sup>	95% CI for difference (ml/h)
		(I-J) (ml/h)			
Male	Female	134.6*	62.5	< 0.05	10.7 – 258.5

Abbreviations: SE, standard error; 95% CI, 95% confidence interval

*Notes:* Based on estimated marginal means; \*The mean difference is significant at the .05 level;

<sup>a</sup>Adjustment for multiple comparisons: Bonferroni.

**Table S4.3. Pairwise comparison between genders for percentage body mass change.**

(I) Gender	(J) Gender	Mean Difference (I-J) (%)	SE	<i>P</i> value <sup>a</sup>	95% CI for difference (%)
Male	Female	-0.25*	0.10	< 0.05	-0.45 – -0.05

Abbreviations: SE, standard error; 95% CI, 95% confidence interval

*Notes:* Based on estimated marginal means; \*The mean difference is significant at the .05 level;

<sup>a</sup>Adjustment for multiple comparisons: Bonferroni.