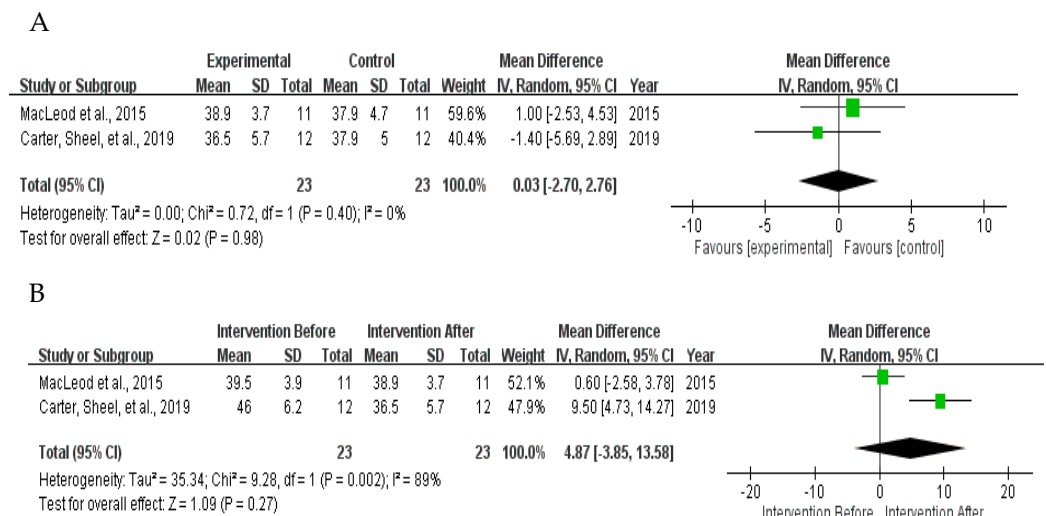


## 6. Forest plots data outcome

Given the restricted number of studies, less than ten, included in the meta-analysis, precautions are taken. The statistical data results from pertinent studies within this meta-analysis are selectively extracted herein for data analysis and validation purposes.

### 6.1 Impact of beetroot juice and sildenafil interventions on VO<sub>2</sub> outcomes

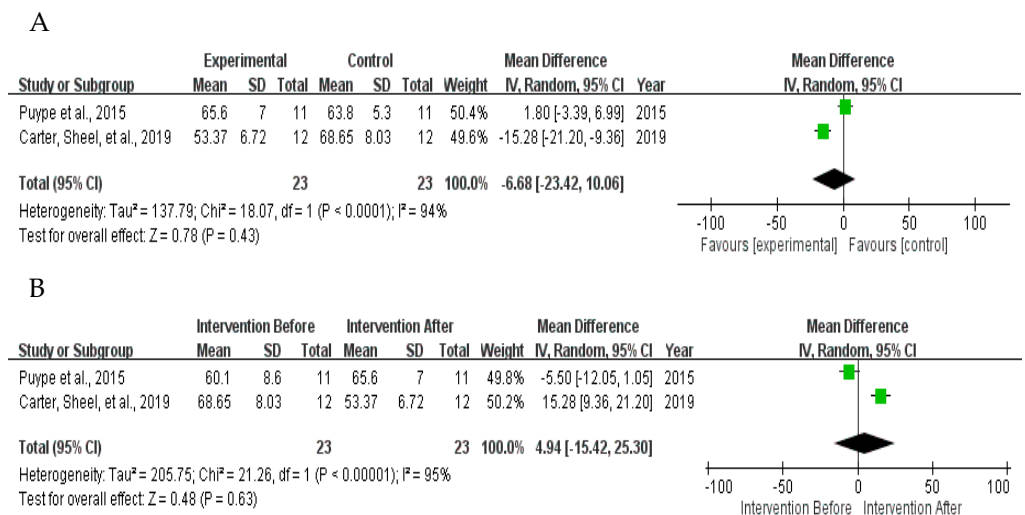
The effects of Beetroot juice and sildenafil as intervention on VO<sub>2</sub> outcomes for experimental and control were evaluated post treatment (MD = 0.03 U/L, 95% CI = -2.70, 2.76,  $p = 0.98$ , Figure S1A) and intervention pre-test and post-test (MD = 4.87 U/L, 95% CI = -3.85, 13.58,  $p = 0.27$ , Figure S1B).



**Figure S1.** The impact of Beetroot juice and sildenafil interventions on VO<sub>2</sub> compared to control group was demonstrated in forest plots in Figure S1, both experimental and control (A) and intervention before, after (B).

### 6.2. Investigating the Impact of Beetroot Juice and Sildenafil Interventions on VO<sub>2max</sub>

Beetroot juice and sildenafil as intervention on VO<sub>2max</sub> outcome for experimental and control were evaluated post treatment (MD = -6.68 U/L, 95% CI = -23.42, 10.06,  $p = 0.43$ , Figure S2A) and intervention pre-test and post-test (MD = 4.94 U/L, 95% CI = -15.42, 25.30,  $p = 0.63$ , Figure S2B).

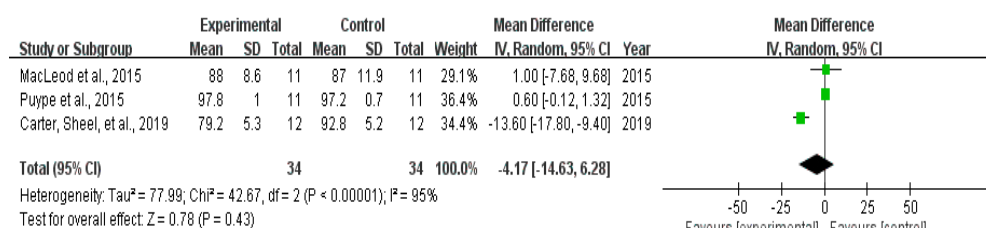


**Figure S2.** The impact of Beetroot juice and sildenafil interventions on  $VO_{2max}$  compared to control group was demonstrated in forest plots in Figure S1, both experimental and control (A) and intervention before, after (B).

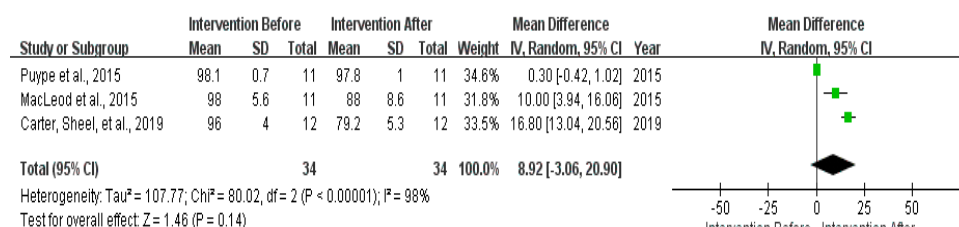
### 6.3 Impact of Beetroot Juice, and Sildenafil Interventions on $SpO_2$ Outcomes

Beetroot juice and sildenafil as intervention on  $SpO_2$  outcome for experimental and control were evaluated post treatment (MD = -4.17 U/L, 95% CI = -14.63, 6.28,  $p = 0.43$ , Figure S3A) and intervention pre-test and post-test (MD = 8.92 U/L, 95% CI = -3.06, 20.90,  $p = 0.14$ , Figure S3B).

**A**



**B**

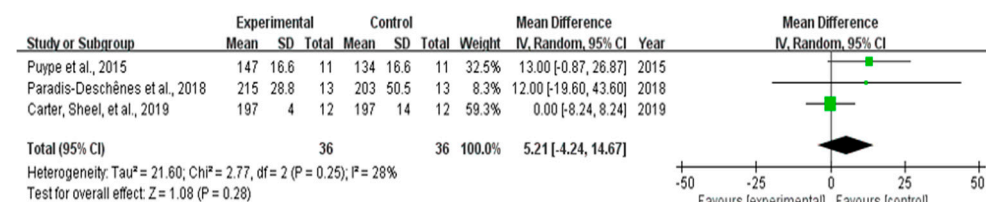


**Figure S3.** The impact of Beetroot juice and sildenafil interventions on  $SpO_2$  compared to control group was demonstrated in forest plots in Figure S1, both experimental and control (A) and intervention before, after (B).

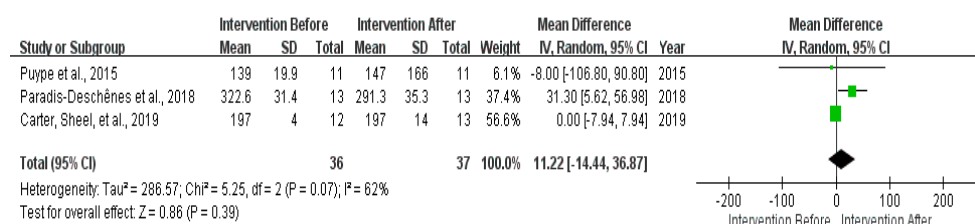
### 6.4 Evaluation of the Impact of Beetroot Juice and Sildenafil Interventions and Supplementation on Power Output

Beetroot juice and sildenafil as intervention on power output outcome for experimental and control were evaluated post treatment (MD = 5.21 U/L, 95% CI = -4.24, 14.67,  $p = 0.28$ , Figure S4A) and intervention pre-test and post-test (MD = 11.22 U/L, 95% CI = -14.44, 36.87,  $p = 0.39$ , Figure S4B).

**A**



**B**



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**Figure S4.** The impact of Beetroot juice and sildenafil interventions on power output compared to control group was demonstrated in forest plots in Figure S1, both experimental and control (A) and intervention before, after (B).