Supplementary Table S1. Serum concentrations of bone biomarkers and cytokines at pre-exercise, 15-min, 75-min, 24 h, and 48 h post-exercise in the carbohydrate (CHO) and milk (MILK) trials. Originally published in Prowting et al. and Fraschetti et al. [16,18].

Analyte (pg/mL)	Carbohydrate					Milk					RM-ANOVA		
	Pre-Ex	15min	75min	24 h	48 h	Pre-Ex	15min	75min	24 h	48 h	Condition	Time	Interaction
CTX	221 (107)	212 (103)	246 (118)	238 (122)	208 (90)	247 (126)	250 (134)	224 (95)	234 (141)	240 (167)	0.64	0.94	0.11
OC	16807 (5386)	17041 (6074)	15557 (5024) ab	16006 (5946)	16109 (5131)	15596 (5228)	16810 (5811)	13798 (4781) ab	16897 (5974)	14589 (4774)	0.20	**0.01**	0.31
SOST	155 (80)	178 (84)	122 (59) ab	176 (84) ac	176 (66) ac	164 (70)	181 (77)	140 (56) ab	192 (87) ac	193 (85) ac	0.21	**<0.01**	0.85
OPG	337 (133)	351 (145)	366 (150)	334 (75)	340 (78)	304 (68)	351 (80)	355 (65)	316 (85)	304 (72)	0.22	0.09	0.57
RANKL †	40 (21)	37 (31) a	31 (35) ab	41 (30) c	41 (33) c	47 (37)	39 (41) a	34 (44) ab	44 (38) c	49 (38) c	0.91	**<0.01**	0.77
IL-6†	1.59 (2.15)	1.74 (2.25) *	1.73 (2.27)	1.79 (2.65)	1.63 (2.65)	1.54 (3.66)	1.58 (3.81) *	1.60 (3.59)	1.52 (3.34)	1.32 (3.14)	0.67	**0.02**	0.37
TNF-α †	6.81 (3.21)	6.87 (2.93)	6.53 (2.91)	7.01 (2.47)	6.86 (1.76)	6.32 (5.25)	5.65 (4.29)	6.38 (4.95)	6.68 (5.42)	6.53 (5.97)	0.98	0.27	0.81
IL-10 †	5.25 (3.85)	7.43 (4.92) d	5.94 (4.03)	5.24 (4.20)	5.46 (4.73) d	5.74 (2.92)	6.39 (1.43) c	5.46 (2.40)	5.63 (3.27)	5.24 (2.11) d	0.76	0.12	**0.02**
IL-1β	1.96 (0.77)	2.00 (0.82)	2.03 (0.82)	1.98 (0.78)	2.00 (0.75)	2.29 (1.16)	2.31 (1.16)	2.22 (1.03)	2.32 (1.18)	2.11 (0.96)	0.31	0.46	0.12

Values are presented as mean (SD) or median (IQR) for log-transformed data († denotes log-transformed variables). Sample sizes: n=13 for CTX, SOST, IL-1β, TNF-α and IL-10; n=12 for OC, OPG, RANKL and IL-6. Significant interactions and main effects from the repeated measures ANOVA have their *p*-values bolded. Symbols denote significant differences ($p<0.05$) observed from least significant difference post-hoc analysis: * = significant difference from all other time points; **a** = significant difference vs. pre-exercise; **b** = significant difference vs. 15 min post-exercise; **c** = significant difference vs. 75min, **d** = significant difference vs. 24h. CTX: C-terminal crosslinked telopeptide of type-I collagen, OC: osteocalcin, SOST: sclerostin, OPG: osteoprotegerin, RANKL: receptor activator of nuclear factor-kb ligand, IL-6: interleukin-6, TNF-α: tumor necrosis factor-alpha, IL-10: interleukin-10, IL-1β: interleukin-beta.

16. Prowting, J.L.; Skelly, L.E.; Kurgan, N.; Fraschetti, E.C.; Klentrou, P.; Josse, A.R. Acute effects of Milk vs. carbohydrate on bone turnover biomarkers following loading exercise in young adult females. *Front. Nutr.* **2022**, *9*, 840973. https://doi.org/10.3389/fnut.2022.840973.
18. Fraschetti, E.C.; Skelly, L.E.; Prowting, J.L.; Abdul-Sater, A.A.; Josse, A.R. The acute effects of milk consumption on systemic inflammation after combined resistance and plyometric exercise in young adult females. *Nutrients* **2022**, *14*, 4532. https://doi.org/10.3390/nu14214532.