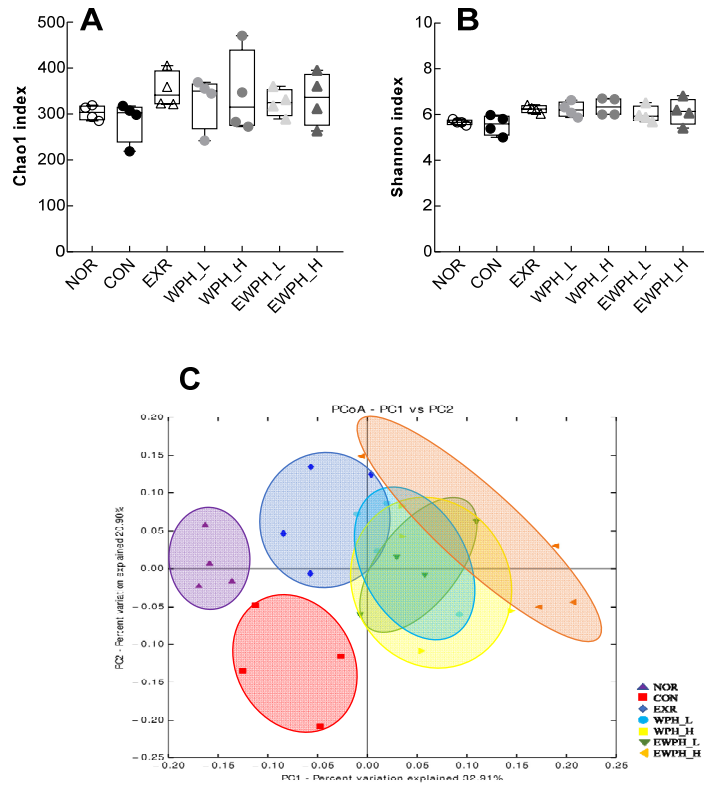
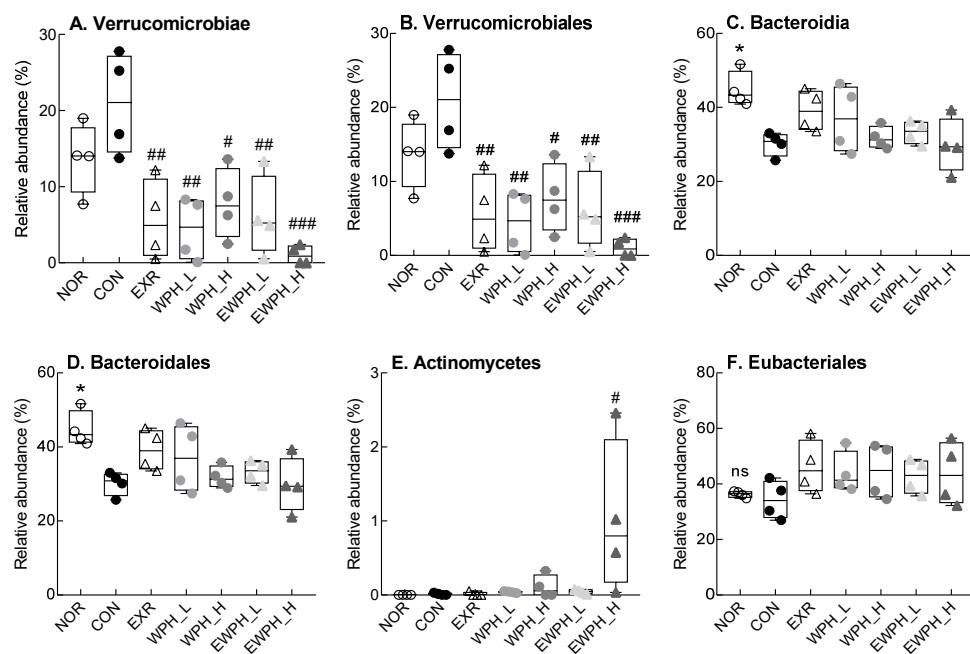


Supplementary Material

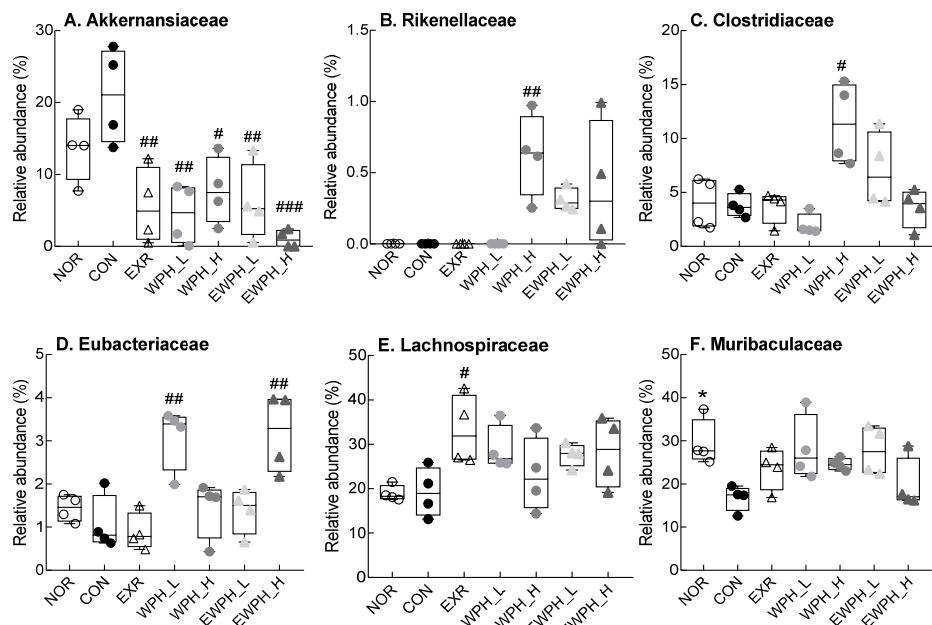


Supplementary Figure S1. (A–C) Effect of WPH and treadmill exercise on gut microbiome diversity. NOR, normal; CON, control; EXR, exercise; WPH-L/H, low-dose/high-dose whey protein hydrolysate; EWP_H_L/H, exercise + low-dose/high-dose whey protein hydrolysate

A. Class & Order



B. Family



Supplementary Figure S2. Effect of WPH and treadmill exercise on the gut microbiome composition at the (A) class & order and (B) family level. NOR, normal; CON, control; EXR, exercise; WPH-L/H, low-dose/high-dose whey protein hydrolysate; EWPH_L/H, exercise + low-dose/high-dose whey protein hydrolysate.