



Table S1. Trainer ® Composition

Density	1.21 kg L ⁻¹
Dry matter	46%
pH	4.0
Free amino acids and soluble peptides	310 g kg ⁻¹
FRAP antioxidant activity	41.9 mmol Fe ²⁺ g ⁻¹ f.w.
Total phenolics	8.93 mg of gallic acid eq. per g of f.w. product
Total flavonoids	0.95 mg of quercetin eq. per g of f.w. product
Soluble sugars	90 g kg ⁻¹ f.w.
N–NO ₃	3.13 µg g ⁻¹ f.w.
N–NH ₄	6.00 µg g ⁻¹ f.w.
Phytohormones	ND
Mineral composition (g kg⁻¹ f.w.)	
N	50.0
P	0.9
K	41.1
Ca	10.9
Mg	0.5
Fe	0.024
Zn	0.010
Mn	0.001
B	0.005
Cu	0.001
Aminogram (g kg⁻¹ f.w.)	
Ala	12
Arg	19
Asp	33
Cys	4
Glu	54
Gly	13
His	8
Ile	12
Leu	24
Lys	19
Met	4
Phe	16
Pro	15
Ser	17
Thr	11
Trp	4
Tyr	13
Val	16