Supplementary Table S1. Search strategy

Databases	Search strategy	Limits	Results
PubMed	#1 ((succinic acid) OR (succinate) OR (amber acid) OR (amberen) OR (yantarin) OR (ЯнтарИн-Спорт) OR (янтарин)) #2 ((exercise) OR (performance) OR (muscles) OR (physical) OR (endurance) OR (ergogenic) OR (oxygenation) OR (recovery) OR (hypoxia)) #1 AND #2	Clinical Trial, Randomized Controlled Trial, Humans	998
Scopus	TITLE-ABS-KEY (((“succinic acid” OR “succinate” OR “amber acid” OR “amberen” OR “yantarin” OR “ЯнтарИн-Спорт” OR “янтарин”) AND (“exercise” OR “performance” OR “muscles” OR “physical” OR “endurance” OR “ergogenic” OR “oxygenation” OR “recovery” OR “hypoxia”)	**Limited to:** Controlled study, Clinical trial **Excluded:** Nonhuman Animal experiment	3744
Web of Science	(((“succinic acid” OR “succinate” OR “amber acid” OR “amberen” OR “yantarin” OR “ЯнтарИн-Спорт” OR “янтарин”) AND (“exercise” OR “performance” OR “muscles” OR “physical” OR “endurance” OR “ergogenic” OR “oxygenation” OR “recovery” OR “hypoxia”) AND (“randomized controlled trials”)))		168