

Table S1. Effects of mild hypoxia conditioning and the subsequent normoxia recovery (1 or 3 weeks thereafter) on plasma and muscle tissue levels of metabolites and hormones after exercise exhaustion of gilthead sea bream juveniles. Values are the mean \pm SEM of 6-7 fish (2-3 fish per replicate tank). P-values are the result of one-way ANOVA or *t*-test analysis where appropriate. Different superscript letters or asterisks (*) indicate significant differences between experimental groups ($P < 0.05$).

| | N | N-PF | M-HYP | P-value |
|--|-------------------------------|-------------------------------|---------------------------------|---------|
| <i>Sampling time: T_{45H}</i> | | | | |
| Glucose (mg/dl) | 215.8 \pm 12.3 | 158.9 \pm 23.9 | 179.9 \pm 28.1 | 0.227 |
| Lactate (mg/dl) | 103.7 \pm 4.41 ^b | 53.3 \pm 3.12 ^a | 92.3 \pm 5.06 ^b | <0.001 |
| Muscular lactate (mg/g bm) | 50.9 \pm 1.93 ^b | 44.9 \pm 0.75 ^a | 56.1 \pm 1.56 ^b | <0.001 |
| Triglycerides (mg/dl) | 2.99 \pm 0.49 | 2.35 \pm 0.54 | 1.82 \pm 0.15 | 0.187 |
| Free fatty acids (nmol/ μ l) | 0.490 \pm 0.06 ^a | 1.00 \pm 0.30 ^{ab} | 1.14 \pm 0.32 ^b | 0.027 |
| Cortisol (ng/ml) | 235.0 \pm 23.7 ^b | 88.2 \pm 33.84 ^a | 160.3 \pm 41.65 ^{ab} | 0.026 |
| Growth hormone (ng/ml) | 16.2 \pm 7.13 | 9.36 \pm 4.15 | 9.02 \pm 2.28 | 0.529 |
| Insulin-like growth factor-I (ng/ml) | 77.3 \pm 5.65 ^b | 58.6 \pm 4.25 ^a | 61.5 \pm 4.76 ^a | 0.035 |
| <i>Sampling time: T_{+7N}</i> | | | | |
| Glucose (mg/dl) | 225.6 \pm 10.2 | | 168.6 \pm 17.4* | 0.018 |
| Lactate (mg/dl) | 104.1 \pm 6.57 | | 124.1 \pm 2.64* | 0.017 |
| Muscular lactate (mg/g bm) | 50.6 \pm 1.86 | | 59.3 \pm 3.13* | 0.039 |
| Triglycerides (mg/dl) | 2.51 \pm 0.55 | | 1.88 \pm 0.24 | 0.323 |
| Free fatty acids (nmol/ μ l) | 0.423 \pm 0.031 | | 0.789 \pm 0.301 | 0.253 |
| Cortisol (ng/ml) | 293.5 \pm 41.2 | | 165.3 \pm 46.6 | 0.066 |
| Growth hormone (ng/ml) | 21.8 \pm 3.51 | | 10.5 \pm 2.84* | 0.031 |
| Insulin-like growth factor-I (ng/ml) | 77.9 \pm 4.70 | | 65.7 \pm 7.09 | 0.102 |
| <i>Sampling time: T_{+21N}</i> | | | | |
| Glucose (mg/dl) | 211.9 \pm 11.8 | | 210.5 \pm 13.5 | 0.936 |
| Lactate (mg/dl) | 104.5 \pm 7.2 | | 126.4 \pm 4.6* | 0.025 |
| Muscular lactate (mg/g bm) | 51.5 \pm 2.03 | | 59.0 \pm 1.72* | 0.015 |
| Triglycerides (mg/dl) | 2.7 \pm 0.32 | | 2.75 \pm 0.25 | 0.836 |
| Free fatty acids (nmol/ μ l) | 0.54 \pm 0.119 | | 0.635 \pm 0.114 | 0.549 |
| Cortisol (ng/ml) | 235.2 \pm 44.6 | | 246.7 \pm 19.4 | 0.818 |
| Growth hormone (ng/ml) | 11.13 \pm 4.8 | | 12.0 \pm 2.43 | 0.874 |
| Insulin-like growth factor-I (ng/ml) | 72.2 \pm 6.14 | | 72.0 \pm 6.20 | 0.983 |