

Table S1: Complete Blood Counts with Platelet Differentials.

Variable	Group	Pre-Exercise	0 h Post-Exercise	2 h Post-Exercise	72 h Post-Exercise	Within (<i>p</i>)	Time (<i>p</i>)	G x T (<i>p</i>)
WBC Count (Thousand/ μ L)	PLA	6.03 $\pm$ 1.86	7.04 $\pm$ 2.25	7.68 $\pm$ 2.06	5.72 $\pm$ 1.33	< 0.001	< 0.001	0.69
	YBG	5.73 $\pm$ 1.32	6.96 $\pm$ 1.81	7.65 $\pm$ 2.03	5.75 $\pm$ 1.52	< 0.001		
RBC Count (Million/ μ L)	PLA	4.74 $\pm$ 0.42	4.81 $\pm$ 0.46	4.75 $\pm$ 0.38	4.74 $\pm$ 0.42	0.264	0.15	0.62
	YBG	4.66 $\pm$ 0.66	4.81 $\pm$ 0.49	4.77 $\pm$ 0.47	4.69 $\pm$ 0.37	0.248		
Hemoglobin (g/dL)	PLA	14.6 $\pm$ 1.2	14.8 $\pm$ 1.4	14.6 $\pm$ 1.1	14.4 $\pm$ 1.2	0.068	0.005	0.65
	YBG	14.7 $\pm$ 1.2	14.8 $\pm$ 1.4	14.7 $\pm$ 1.3	14.4 $\pm$ 1.1	0.041		
Hematocrit (%)	PLA	43.2 $\pm$ 3.2	43.5 $\pm$ 3.7	43.1 $\pm$ 2.9	43.0 $\pm$ 3.1	0.683	0.34	0.83
	YBG	43.5 $\pm$ 3.2	43.5 $\pm$ 3.6	43.1 $\pm$ 3.7	43.0 $\pm$ 2.9	0.384		
MCV (fL)	PLA	91.2 $\pm$ 3.0	90.5 $\pm$ 3.0 ^a	90.8 $\pm$ 2.9	91.2 $\pm$ 3.2	0.039	0.001	0.28
	YBG	91.5 $\pm$ 3.3	90.7 $\pm$ 3.1 ^{a,b}	90.6 $\pm$ 3.1 ^a	91.7 $\pm$ 3.1	0.003*		
MCH (pg)	PLA	30.8 $\pm$ 1.3	30.8 $\pm$ 1.2	30.7 $\pm$ 1.2	30.6 $\pm$ 1.3	0.138	0.10	0.81
	YBG	30.9 $\pm$ 1.3	30.9 $\pm$ 1.3	30.9 $\pm$ 1.2	30.8 $\pm$ 1.1	0.578		
MCHC (g/dL)	PLA	33.8 $\pm$ 0.8	34.1 $\pm$ 0.7	33.8 $\pm$ 0.8	33.5 $\pm$ 1.0	0.027	0.001	0.36
	YBG	33.8 $\pm$ 1.0	34.1 $\pm$ 0.9	34.1 $\pm$ 0.8	33.6 $\pm$ 1.0	0.011		
RDW (%)	PLA	12.3 $\pm$ 0.5	12.4 $\pm$ 0.5	12.3 $\pm$ 0.5	12.4 $\pm$ 0.5	0.181	0.04	0.72
	YBG	12.3 $\pm$ 0.5	12.3 $\pm$ 0.4	12.2 $\pm$ 0.4	12.3 $\pm$ 0.5	0.122		
Platelet Count (Thousand/ μ L)	PLA	242.1 $\pm$ 62.2	288.4 $\pm$ 74.4	239.3 $\pm$ 60.2	234.9 $\pm$ 62.2	< 0.001	< 0.001	0.50
	YBG	241.1 $\pm$ 54.1	286.7 $\pm$ 63.8	246.3 $\pm$ 53.3	238.5 $\pm$ 55.2	< 0.001		

Neutrophils (cells/ μ L)	PLA	3094 $\pm$ 1350	4190 $\pm$ 1904	5272 $\pm$ 1852	2907 $\pm$ 847	< 0.001	< 0.001	0.83
	YBG	2890 $\pm$ 795	4206 $\pm$ 1412	5244 $\pm$ 1861	2945 $\pm$ 918	< 0.001		
Lymphocytes (cells/ μ L)	PLA	2139 $\pm$ 818	2138 $\pm$ 752	1699 $\pm$ 444 ^{a,b}	2189 $\pm$ 738	< 0.001	< 0.001	0.57
	YBG	2110 $\pm$ 712	2024 $\pm$ 554	1721 $\pm$ 451 ^{a,b}	2198 $\pm$ 738	< 0.001		
Monocytes (cells/ μ L)	PLA	491.0 $\pm$ 203.6	542.1 $\pm$ 243.9 ^a	547.6 $\pm$ 244.3	484.2 $\pm$ 115.8	0.048*	< 0.001	0.64
	YBG	454.1 $\pm$ 106.2	500.8 $\pm$ 115.4	533.4 $\pm$ 148.9 ^{a,b}	456.3 $\pm$ 109.3	0.002*		
Eosinophils (cells/ μ L)	PLA	194.6 $\pm$ 141.1	163.7 $\pm$ 134.8 ^{a,b}	113.3 $\pm$ 91.1 ^{a,b}	211.9 $\pm$ 143.6	< 0.001	< 0.001	0.65
	YBG	213.7 $\pm$ 154.4	174.5 $\pm$ 138.6 ^a	128.0 $\pm$ 102.4 ^{a,b}	208.9 $\pm$ 137.0	< 0.001		
Basophils (cells/ μ L)	PLA	46.9 $\pm$ 24.2	56.3 $\pm$ 29.5 ^a	43.4 $\pm$ 22.6	48.8 $\pm$ 22.9	< 0.001	< 0.001	0.99
	YBG	47.4 $\pm$ 23.8	57.6 $\pm$ 28.6 ^a	46.5 $\pm$ 25.9	50.6 $\pm$ 26.4	0.005		
Neutrophils (%)	PLA	51.3 $\pm$ 10.1	57.5 $\pm$ 10.0	67.2 $\pm$ 7.9	50.4 $\pm$ 8.7	< 0.001	< 0.001	0.61
	YBG	50.2 $\pm$ 7.5	58.7 $\pm$ 8.6	66.8 $\pm$ 7.8	50.1 $\pm$ 7.7	< 0.001		
Lymphocytes (%)	PLA	36.4 $\pm$ 10.1	31.7 $\pm$ 9.8 ^{a,b}	23.5 $\pm$ 7.1 ^{a,b}	37.1 $\pm$ 8.5	< 0.001	< 0.001	0.56
	YBG	36.9 $\pm$ 7.8	29.7 $\pm$ 6.9 ^{a,b}	23.7 $\pm$ 6.8 ^{a,b}	37.5 $\pm$ 7.9	< 0.001		
Monocytes (%)	PLA	8.09 $\pm$ 2.15	7.66 $\pm$ 1.91	7.10 $\pm$ 1.85	8.50 $\pm$ 1.97	< 0.001	< 0.001	0.22
	YBG	8.21 $\pm$ 2.28	7.45 $\pm$ 1.88	7.12 $\pm$ 1.71	7.95 $\pm$ 2.06	0.001		
Eosinophils (%)	PLA	3.19 $\pm$ 2.15	2.32 $\pm$ 1.75 ^{a,b}	1.63 $\pm$ 1.35 ^{a,b}	3.52 $\pm$ 2.07	< 0.001	< 0.001	0.41
	YBG	3.57 $\pm$ 2.13	2.47 $\pm$ 1.68 ^{a,b}	1.70 $\pm$ 1.22 ^{a,b}	3.52 $\pm$ 2.15	< 0.001		
Basophils (%)	PLA	0.77 $\pm$ 0.32	0.79 $\pm$ 0.32	0.57 $\pm$ 0.27	0.84 $\pm$ 0.35	< 0.001	< 0.001	0.74
	YBG	0.84 $\pm$ 0.36	0.83 $\pm$ 0.39	0.63 $\pm$ 0.32	0.85 $\pm$ 0.36	< 0.001		

PLA = Placebo (Maltodextrin); YBG = Yeast Beta-Glucan; μ L = Microliters; g = grams; dL = deciliter; pg = picograms; WBC = white blood cell; RBC = red blood cell; MCV = Mean corpuscle volume; MCH = Mean corpuscle hemoglobin; MCHC = Mean corpuscle hemoglobin content; RDW = Red cell dimension width; Abs = Absolute. G $\times$ T =

group x time interaction. All data presented as Mean $\pm$ SD. ^a Denotes a significant difference ($p < 0.05$) from Pre-Exercise; ^b Denotes a significant difference ($p < 0.05$) from 0 h Post-Exercise; ^c Denotes a significant difference ($p < 0.05$) from 2 h Post-Exercise. .

Table S2. Comprehensive Metabolic Panel.

Variable	Group	Pre-Exercise	0 h Post-Exercise	2 h Post-Exercise	72 h Post-Exercise	Within (p)	Time (p)	G x T (p)
Glucose (mg/dL)	PLA	91.2 $\pm$ 10.6	102.7 $\pm$ 15.5	89.7 $\pm$ 6.4	91.4 $\pm$ 7.9	< 0.001	< 0.001	0.845
	YBG	92.9 $\pm$ 9.2	103.3 $\pm$ 15.8	90.0 $\pm$ 7.0	93.4 $\pm$ 10.4	< 0.001		
BUN (mg/dL)	PLA	15.3 $\pm$ 4.3	15.2 $\pm$ 4.1	14.3 $\pm$ 3.8	16.0 $\pm$ 4.3	0.006	< 0.001	0.369
	YBG	15.3 $\pm$ 4.1	15.3 $\pm$ 3.9	14.4 $\pm$ 3.6	16.9 $\pm$ 4.4	0.005		
Creatinine (mg/dL)	PLA	0.88 $\pm$ 0.14	1.00 $\pm$ 0.2	0.91 $\pm$ 0.17	0.90 $\pm$ 0.14	< 0.001	< 0.001	0.983
	YBG	0.88 $\pm$ 0.14	0.99 $\pm$ 0.18	0.92 $\pm$ 0.15	0.89 $\pm$ 0.15	< 0.001		
eGFR (mL/min/1.73m ²)	PLA	104.1 $\pm$ 13.5	91.0 $\pm$ 13.8	100.4 $\pm$ 14.1	101.7 $\pm$ 13.8	< 0.001	< 0.001	0.519
	YBG	102.5 $\pm$ 11.7	89.5 $\pm$ 11.5	99.7 $\pm$ 10.7	102.6 $\pm$ 13.9	< 0.001		
BUN/Creatinine Ratio	PLA	17.4 $\pm$ 4.4	15.5 $\pm$ 4.3 ^{a,b}	15.8 $\pm$ 3.9 ^{a,b}	17.9 $\pm$ 4.2	< 0.001	< 0.001	0.370
	YBG	17.4 $\pm$ 3.7	15.6 $\pm$ 3.8 ^{a,b}	15.8 $\pm$ 3.3 ^{a,b}	19.1 $\pm$ 4.7	< 0.001		
Sodium (mmol/L)	PLA	138.3 $\pm$ 1.7	137.0 $\pm$ 1.8	135.8 $\pm$ 2.0	139.9 $\pm$ 1.7	< 0.001	< 0.001	0.384
	YBG	137.9 $\pm$ 2.3	137.0 $\pm$ 2.5	135.9 $\pm$ 2.1	139.3 $\pm$ 1.7	< 0.001		
Potassium (mmol/L)	PLA	4.41 $\pm$ 0.35	4.34 $\pm$ 0.20	4.49 $\pm$ 0.32	4.48 $\pm$ 0.37	0.114	0.003	0.821
	YBG	4.45 $\pm$ 0.33	4.35 $\pm$ 0.24	4.57 $\pm$ 0.37	4.51 $\pm$ 0.34	0.010		
Chloride (mmol/L)	PLA	102.9 $\pm$ 2.1	101.7 $\pm$ 2.0	100.0 $\pm$ 2.6	104.3 $\pm$ 2.2	< 0.001	< 0.001	0.683
	YBG	102.8 $\pm$ 2.5	101.6 $\pm$ 1.9	99.8 $\pm$ 2.6	103.7 $\pm$ 2.3	< 0.001		

Carbon Dioxide (mmol/L)	PLA	26.3 ± 2.5	23.3 ± 2.3	25.7 ± 2.1	26.8 ± 2.3	< 0.001	< 0.001	0.39
	YBG	26.2 ± 2.3	22.9 ± 2.5	25.9 ± 2.3	27.3 ± 2.7	< 0.001		
Calcium (mg/dL)	PLA	9.41 ± 0.47	9.73 ± 0.49	9.73 ± 0.51	9.42 ± 0.43	< 0.001	< 0.001	0.51
	YBG	9.36 ± 0.39	9.73 ± 0.45	9.76 ± 0.48	9.46 ± 0.37	< 0.001		
Total Protein (g/dL)	PLA	6.77 ± 0.59	7.09 ± 0.58	7.05 ± 0.62	6.65 ± 0.58	< 0.001	< 0.001	0.31
	YBG	6.72 ± 0.52	7.17 ± 0.60	7.03 ± 0.62	6.71 ± 0.51	< 0.001		
Albumin (g/dL)	PLA	4.37 ± 0.32	4.64 ± 0.39	4.61 ± 0.40	4.34 ± 0.39	< 0.001	< 0.001	0.16
	YBG	4.31 ± 0.32	4.63 ± 0.41	4.60 ± 0.39	4.39 ± 0.33	< 0.001		
Globulin (g/dL)	PLA	2.40 ± 0.40	2.45 ± 0.35	2.45 ± 0.40	2.31 ± 0.34	0.001	< 0.001	0.44
	YBG	2.42 ± 0.34	2.53 ± 0.38	2.44 ± 0.38	2.32 ± 0.32	< 0.001		
Alb/Glob Ratio	PLA	1.87 ± 0.30	1.93 ± 0.30	1.93 ± 0.33	1.93 ± 0.39	0.373	0.03	0.58
	YBG	1.81 ± 0.27	1.87 ± 0.30	1.92 ± 0.31	1.93 ± 0.28	0.011		
Total Bilirubin (mg/dL)	PLA	0.60 ± 0.34	0.75 ± 0.43 ^{a,b}	0.88 ± 0.53 ^{a,b}	0.58 ± 0.35	< 0.001†	< 0.001	0.24
	YBG	0.62 ± 0.31	0.78 ± 0.38 ^{a,b}	0.92 ± 0.47 ^{a,b}	0.55 ± 0.32	< 0.001†		
Alkaline Phosphatase (U/L)	PLA	55.9 ± 19.9	57.8 ± 19.8	55.1 ± 17.9	55.8 ± 18.7	0.129	0.02	0.32
	YBG	52.4 ± 13.6	55.3 ± 14.5	54.8 ± 15.3	53.4 ± 17.5	0.071		
AST (U/L)	PLA	19.6 ± 5.7	21.9 ± 6.0 ^{a,b}	21.6 ± 5.9 ^{a,b}	18.1 ± 4.6	< 0.001†	< 0.001	0.85
	YBG	19.7 ± 6.0	22.1 ± 6.4 ^{a,b}	21.9 ± 6.0 ^{a,b}	18.4 ± 5.4	< 0.001†		
ALT (U/L)	PLA	15.2 ± 7.7	16.2 ± 8.3	16.3 ± 8.3	14.9 ± 6.9	0.068†	< 0.001	0.35
	YBG	15.6 ± 6.6	17.2 ± 7.3 ^{a,b}	17.4 ± 6.7	15.3 ± 7.0	0.015†		

PLA = Placebo (Maltodextrin); YBG = Yeast Beta-Glucan; eGFT = Estimated glomerular filtration rate; BUN = Blood urea nitrogen; Alb = albumin; Glob = Globulin; AST = aspartate aminotransferase; ALT = alanine aminotransferase; mg = milligrams; dL = deciliter; mL = milliliters; min = minutes; m² = meters squared; mmol = millimoles; L = liters; g = grams; U = units. G x T = group x time interaction. All data presented as Mean $\pm$ SD. ^a Denotes a significant difference ($p < 0.05$) from Pre-Exercise; ^b Denotes a significant difference ($p < 0.05$) from 0 h Post-Exercise; ^c Denotes a significant difference ($p < 0.05$) from 2 h Post-Exercise.