

Figure S1. B-alanine flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers). ^ostudies comparing tier 4 vs 1.

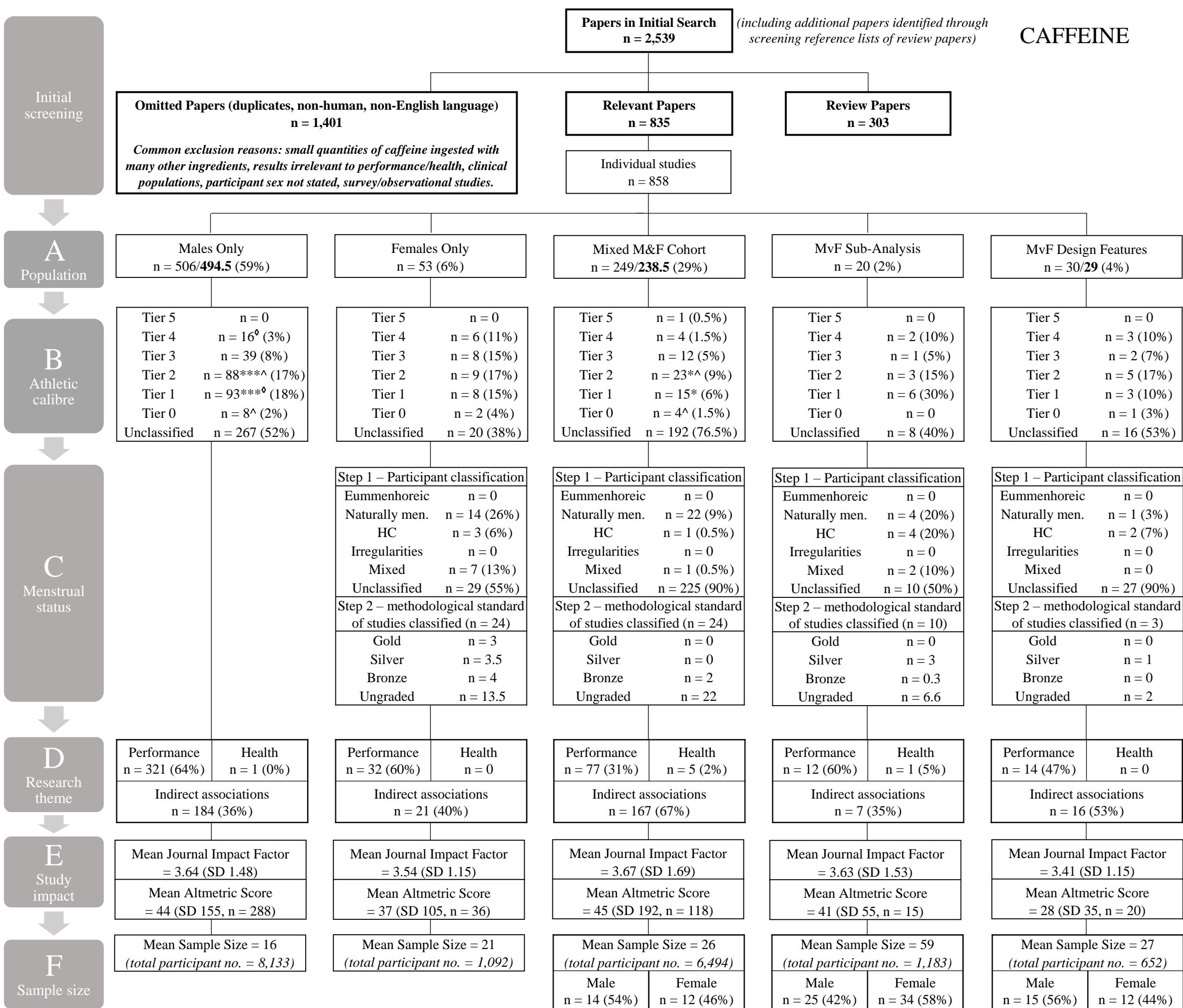


Figure S2. Caffeine flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers). *studies comparing tier 2 vs 1, ^studies comparing tier 2 vs 0, ^ostudies comparing tier 4 vs 1.

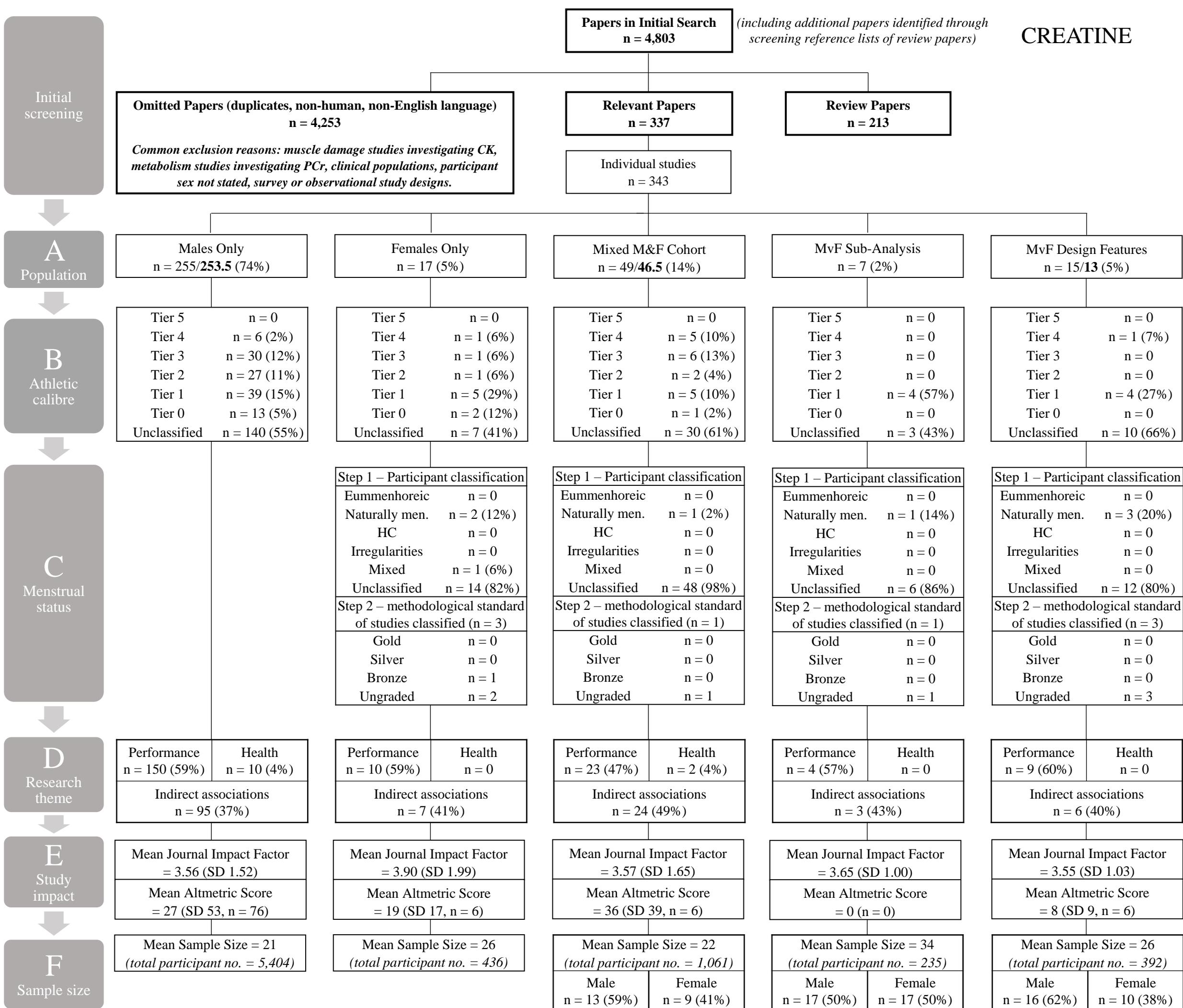


Figure S3. Creatine flowchart. Creatine kinase (CK), phosphocreatine (PCr), male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers).

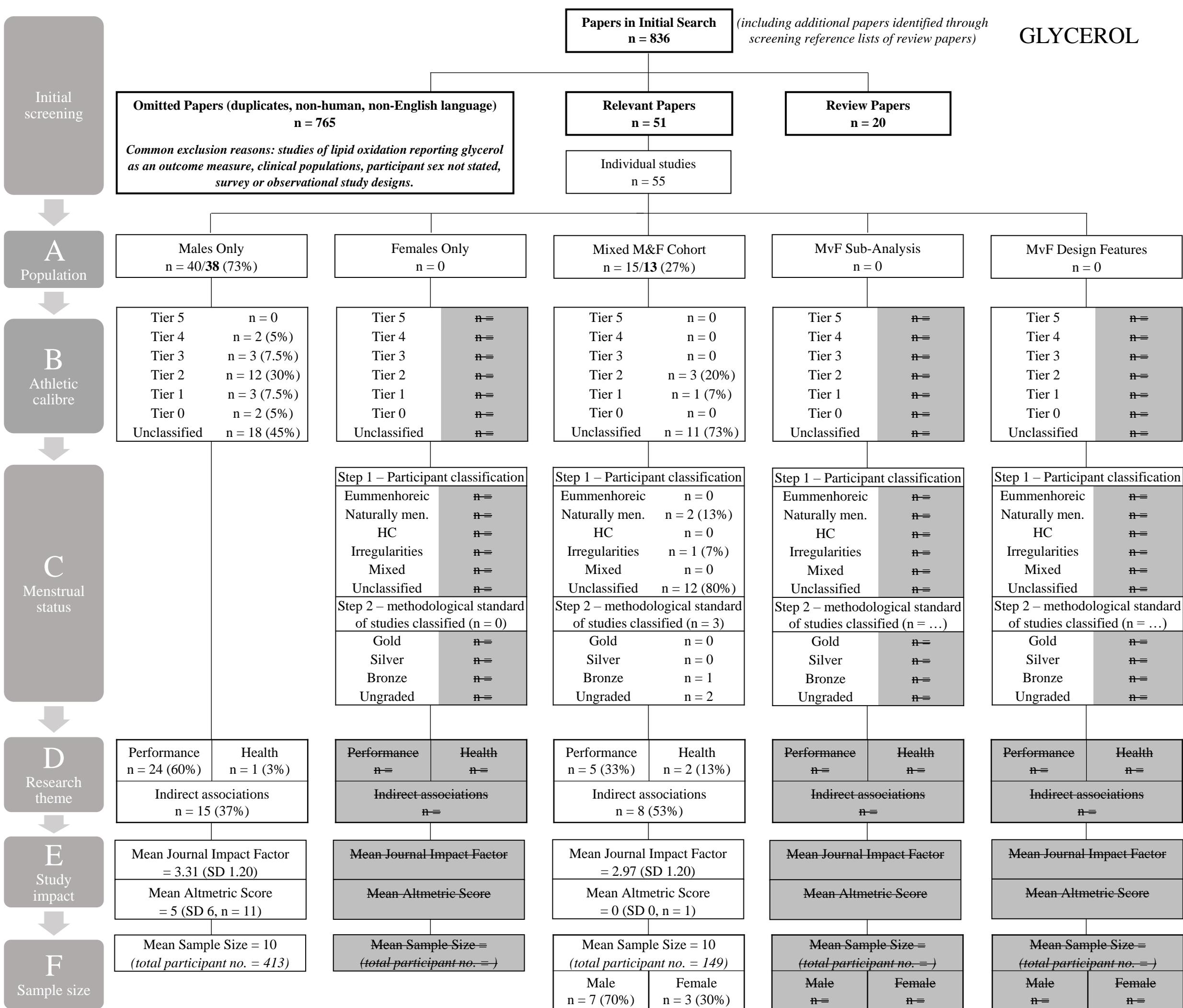


Figure S4. Glycerol flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers).

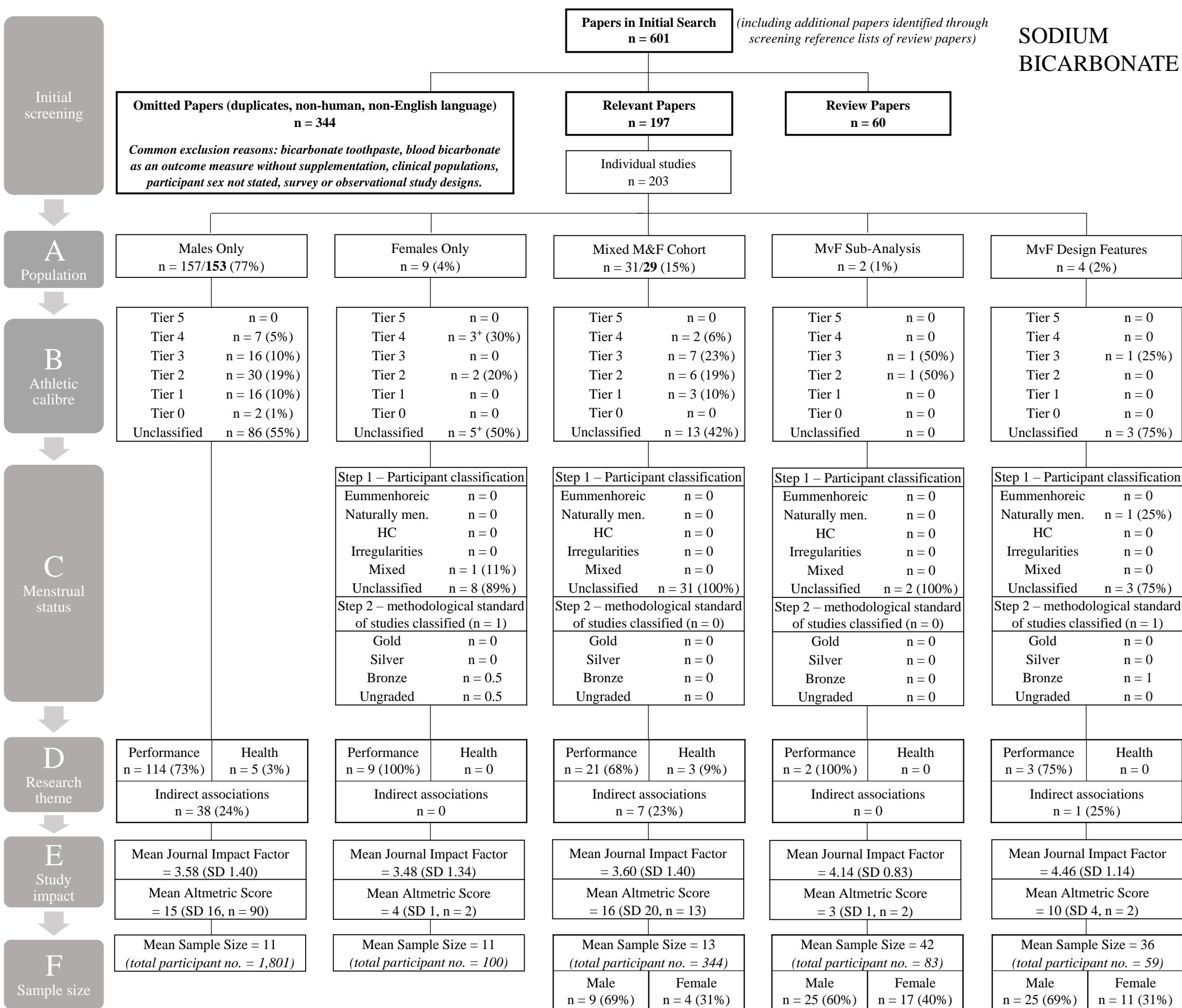


Figure S5. Sodium bicarbonate flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers). +studies comparing tier 4 vs unclassified.

NITRATE/ BEETROOT JUICE

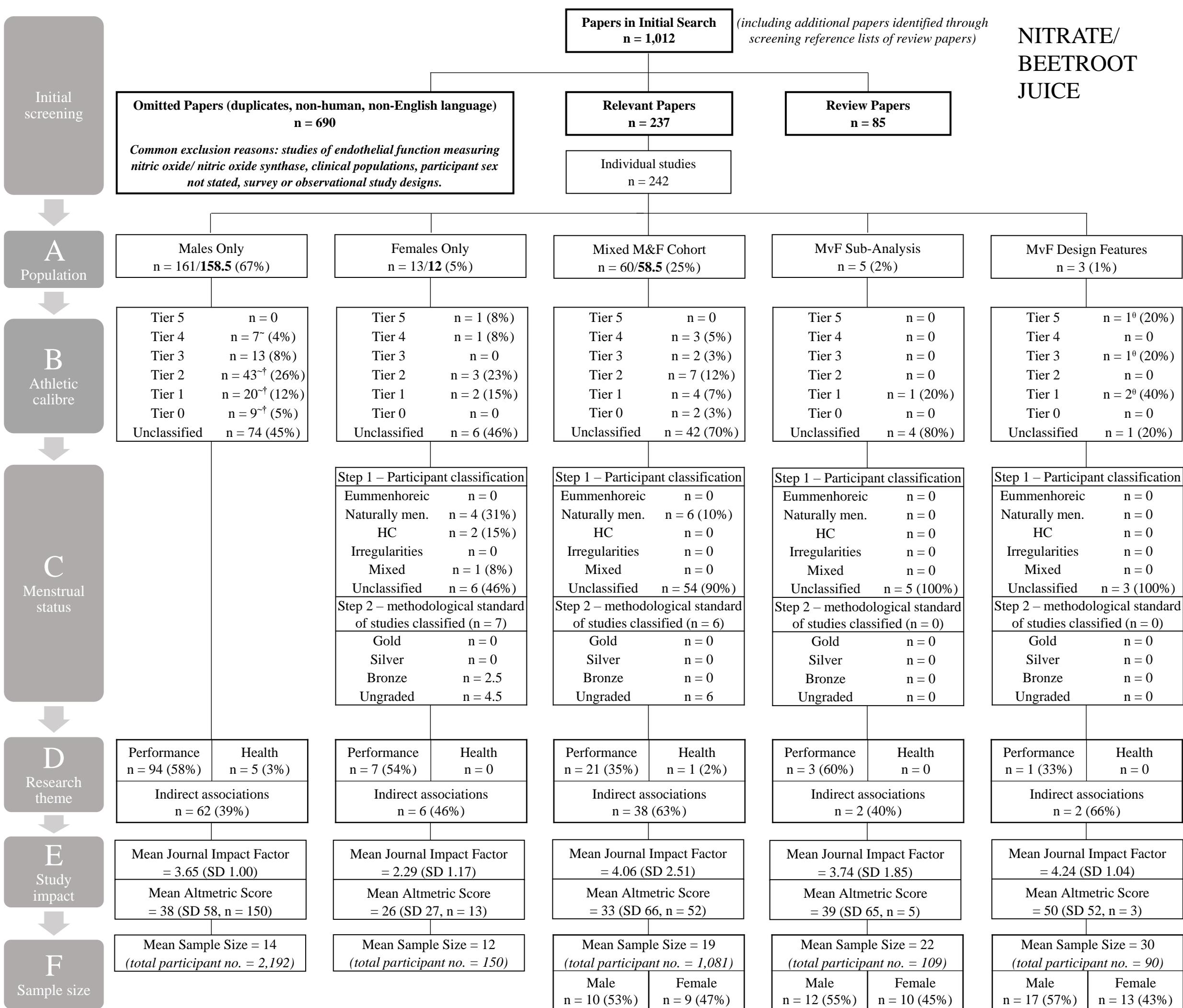


Figure S6. Nitrate flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers). [~]studies comparing tiers 4 vs 2 vs 1 vs 0, [†]studies comparing tiers 2 vs 1 vs 0. ^ostudies comparing tiers 5 vs 3 vs 1.