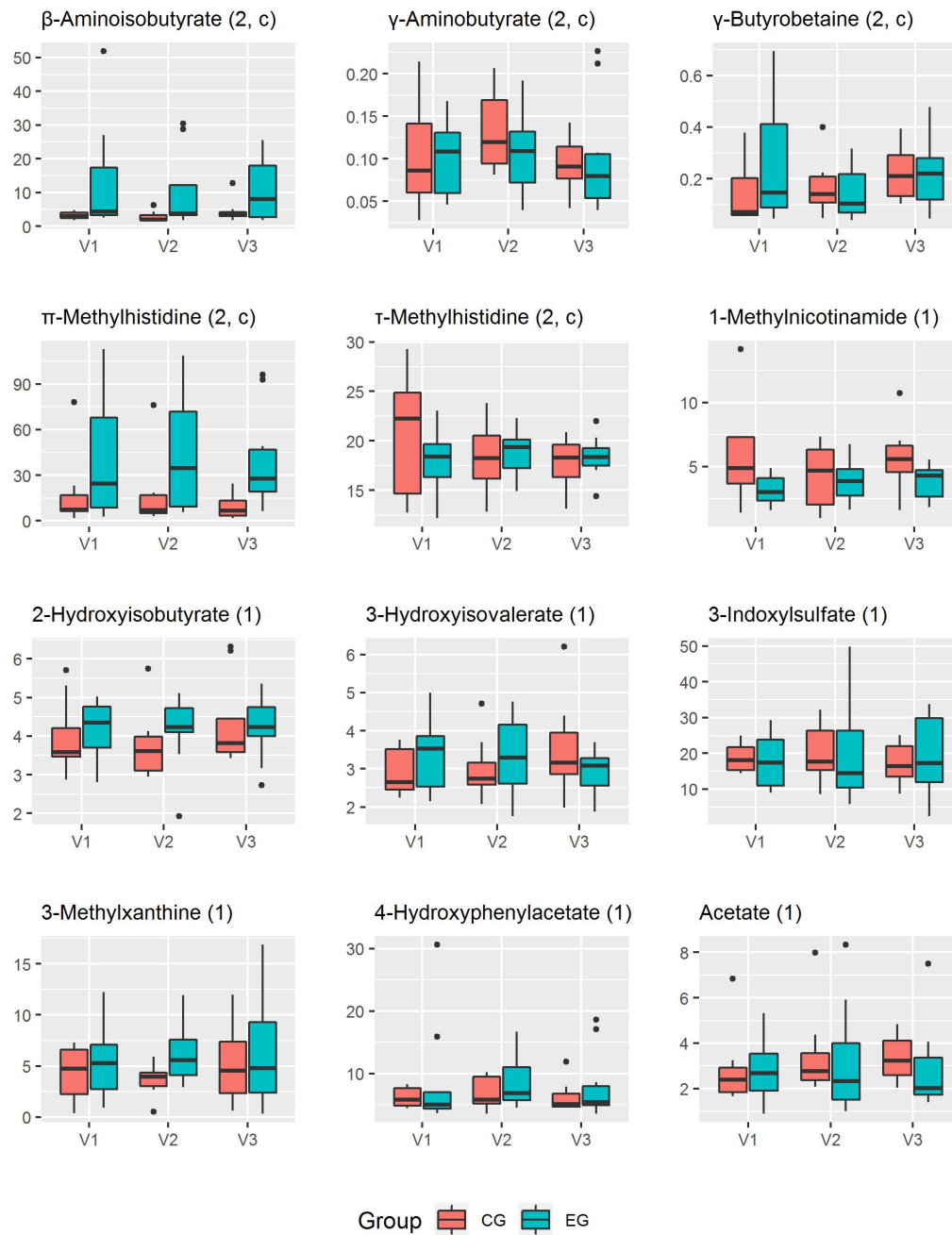
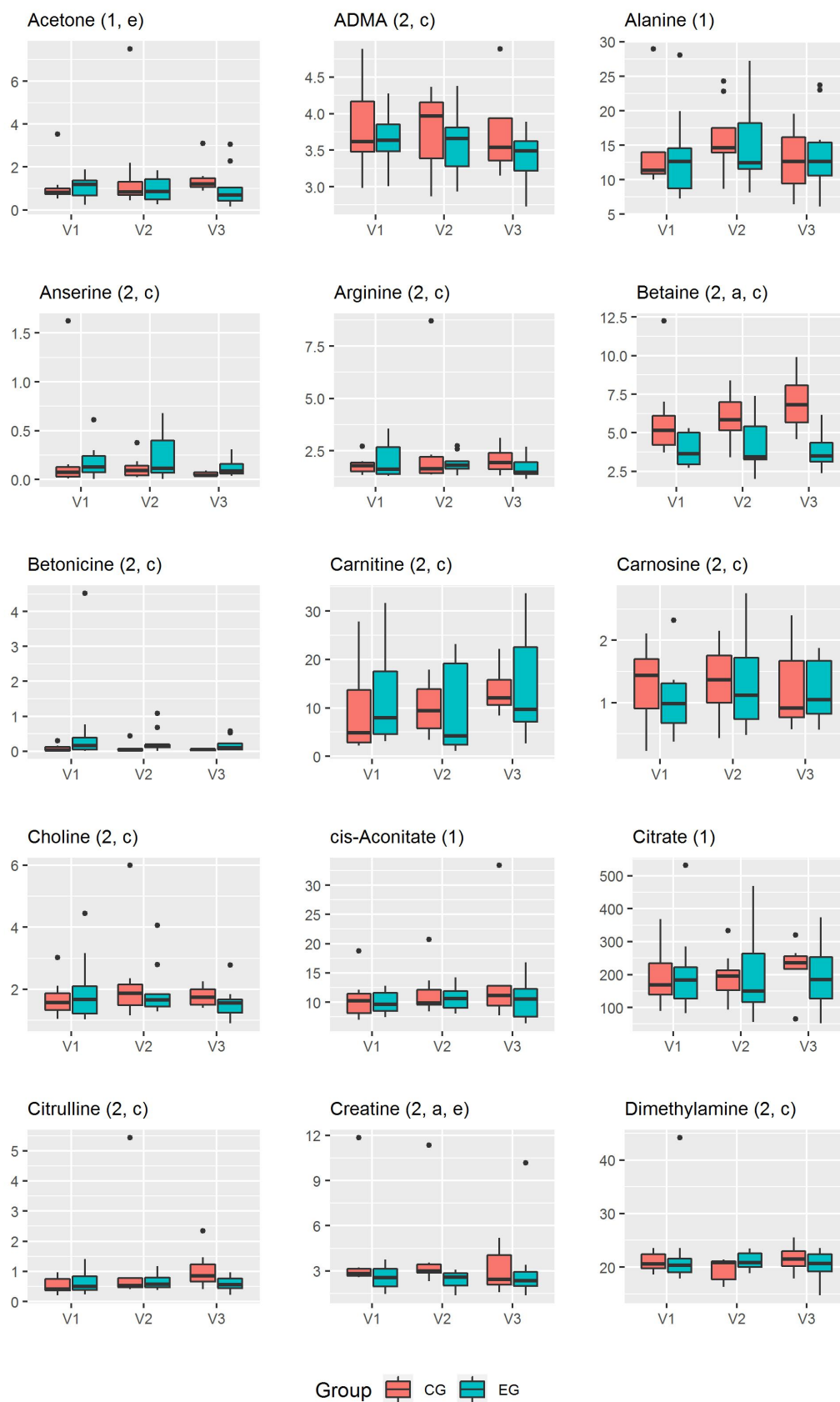
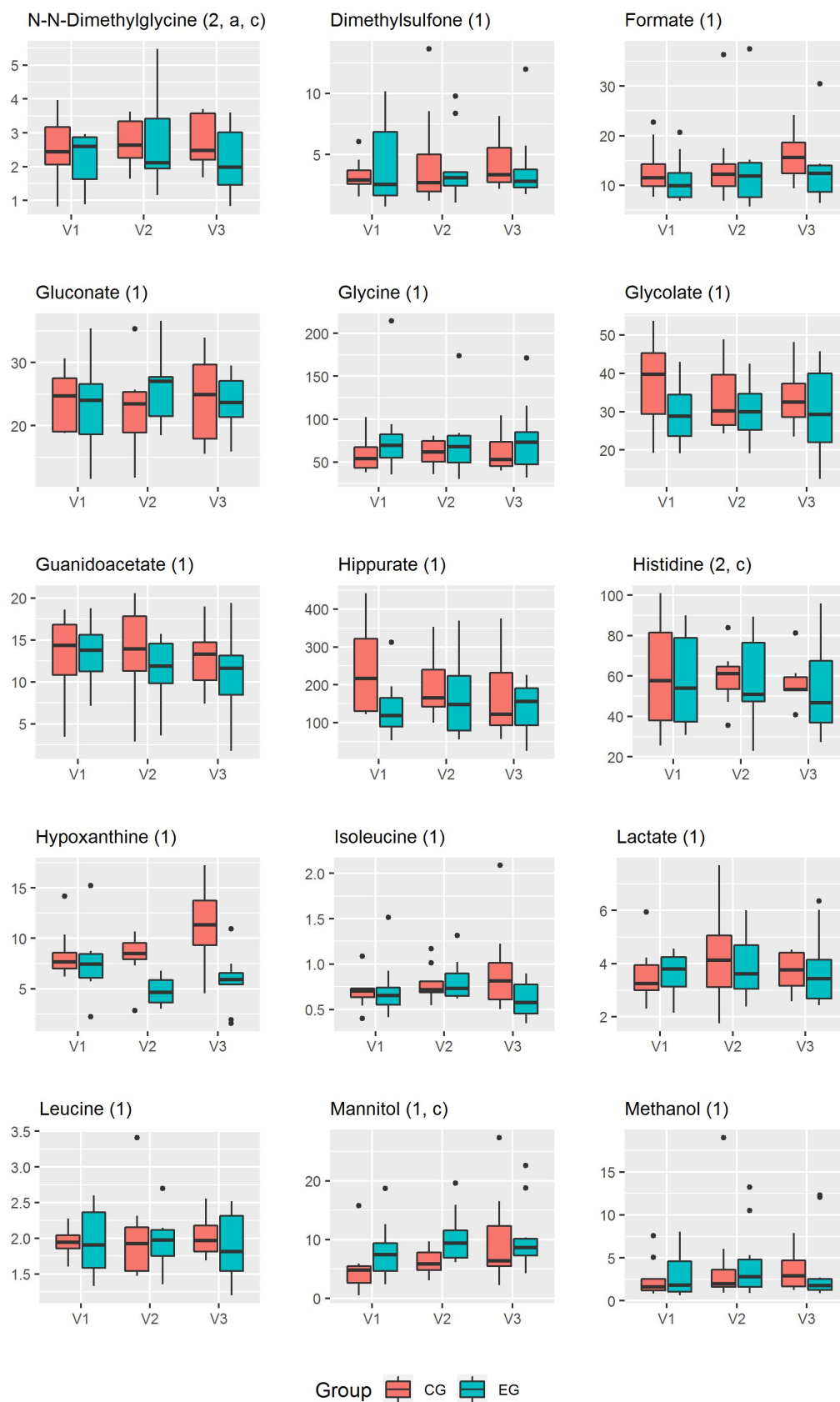


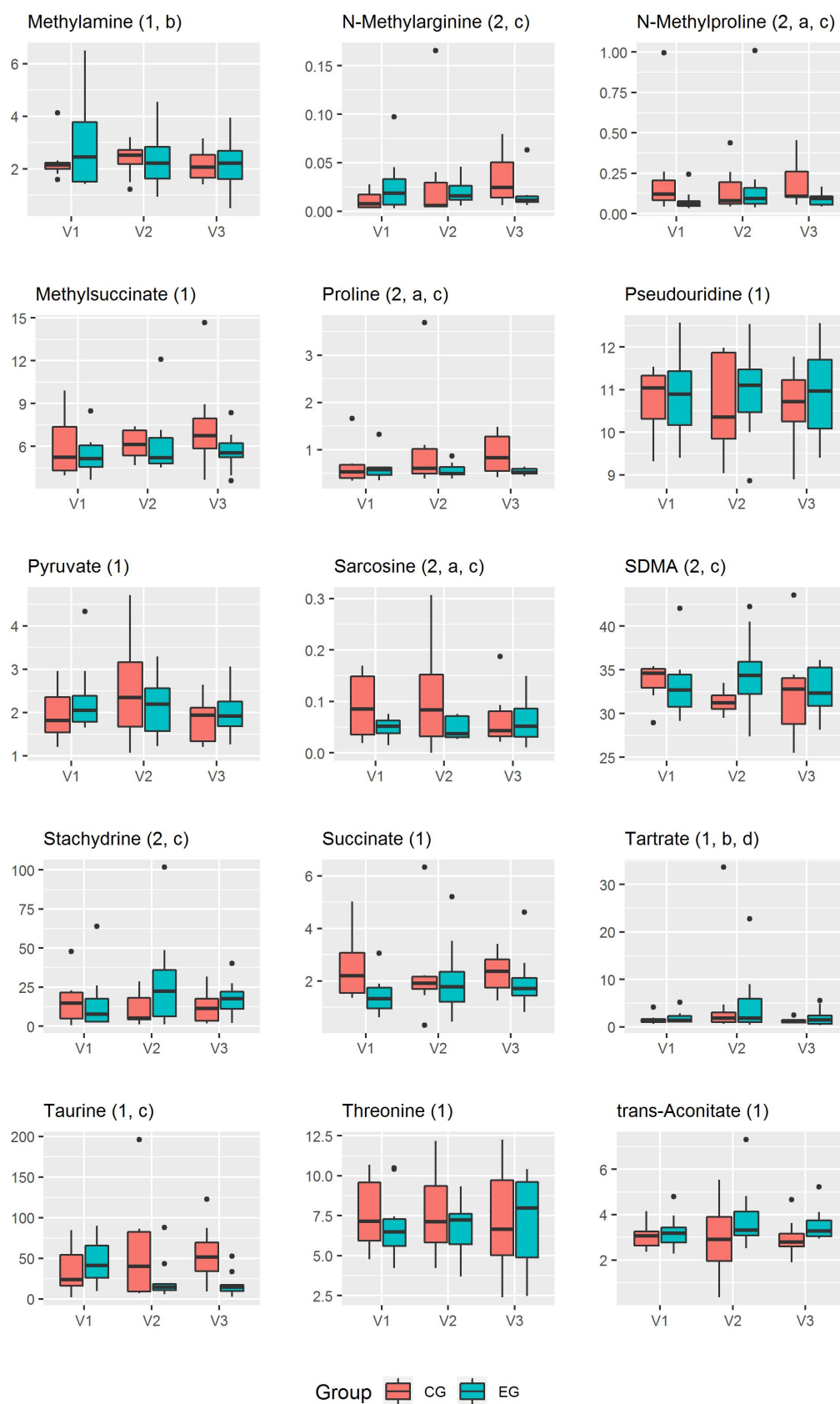
**Figure S1: Boxplots of urinary metabolite concentrations measured with LC-MS and NMR.**

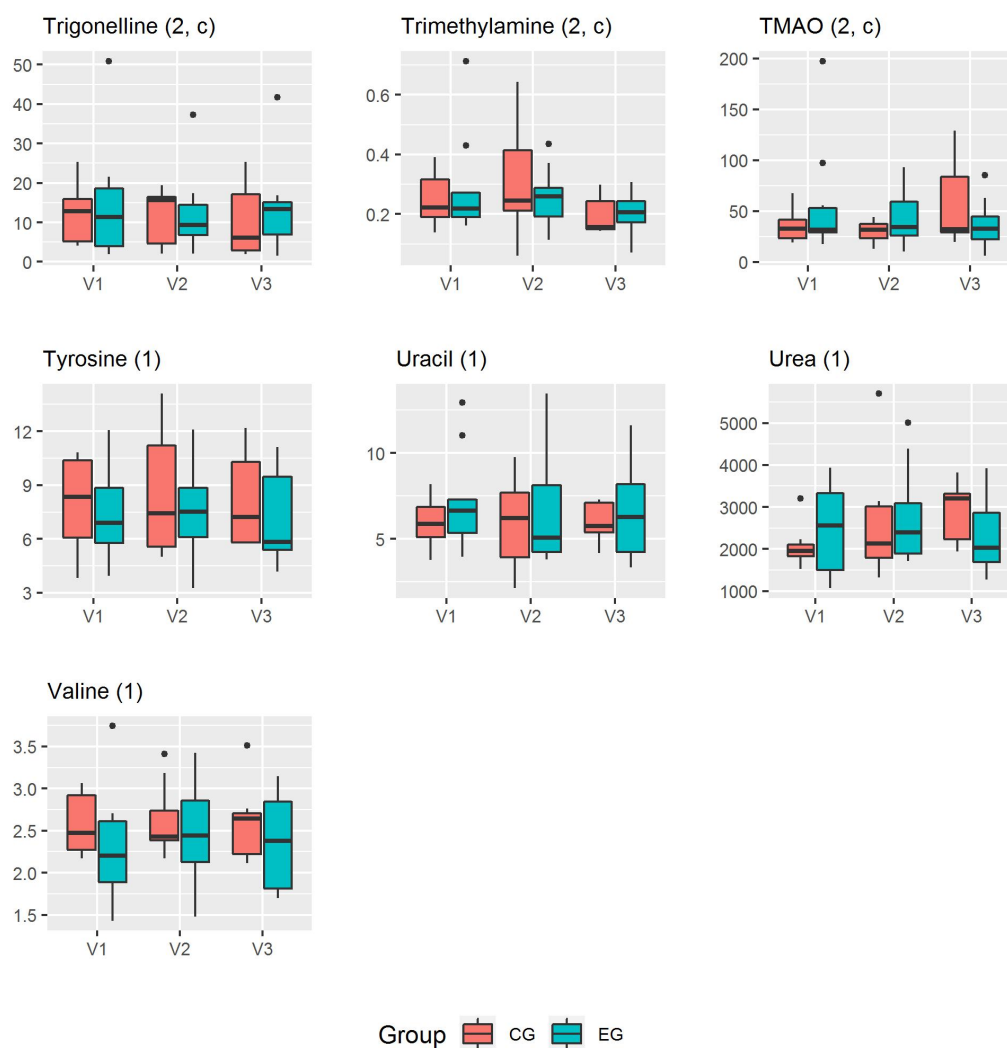
Urinary metabolite concentrations were normalized to urinary creatinine concentrations and shown as mmol/mol creatinine.











ADMA: asymmetric dimethylarginine, CG: control group, EG: experimental group, SDMA: symmetric dimethylarginine, TMAO: trimethylamine-N-oxide, V1: Visit 1 (day before the training started), V2: Visit 2 (day after the last training session), V3: Visit 3 (after four days of recovery); 1 NMR-detected, 2 LC-MS-detected; n=10 (EG) and n=8 (CG), except: a) n=9 for EG, b) n=9 for EG only at V2, c) n=7 for CG, d) n=7 for CG only at V2, e) n=7 for CG only at V3.