

Acute supplementation with a curcuminoid-based formulation fails to enhance resting or exercise-induced NRF2 activity in males and females

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Table S1. Energy breakdown and antioxidant content of control meal

	Control meal			
	Cadburys™ Milk Chocolate	Nature Valley™ Crunchy Granola Oats and Honey bar	Gatorade™ Sport Orange drink	
Serving·d ⁻¹	53 g	30 g	400 mL	
				Total
Total energy (kcal)	283	140	96	519
Carbohydrates (g)	30	19.3	24	73.3
Fat (g)	16	5.4	0	21.4
Protein (g)	3.9	2.6	0	6.5
Antioxidant content (mmol/100g)	1.95	0.83	0	2.8

Figure S1: Chromatographs for (in order; top-bottom) bisdemethoxycurcumin, curcumin, curcumin glucuronide, curcumin sulfate, and desmethoxycurcumin from standard sample.

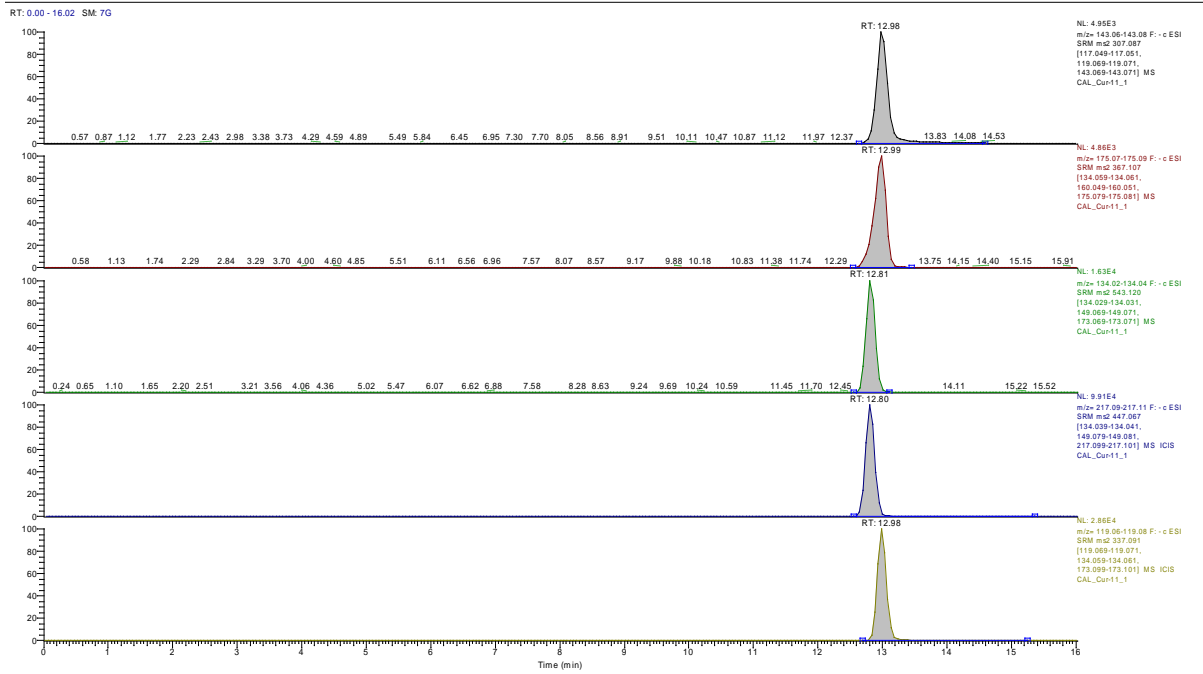


Figure S2: Chromatographs for (in order; top-bottom) bisdemethoxycurcumin, curcumin, curcumin glucuronide, curcumin sulfate, and desmethoxycurcumin from 1 of 2 randomised samples from CUR+EX group.

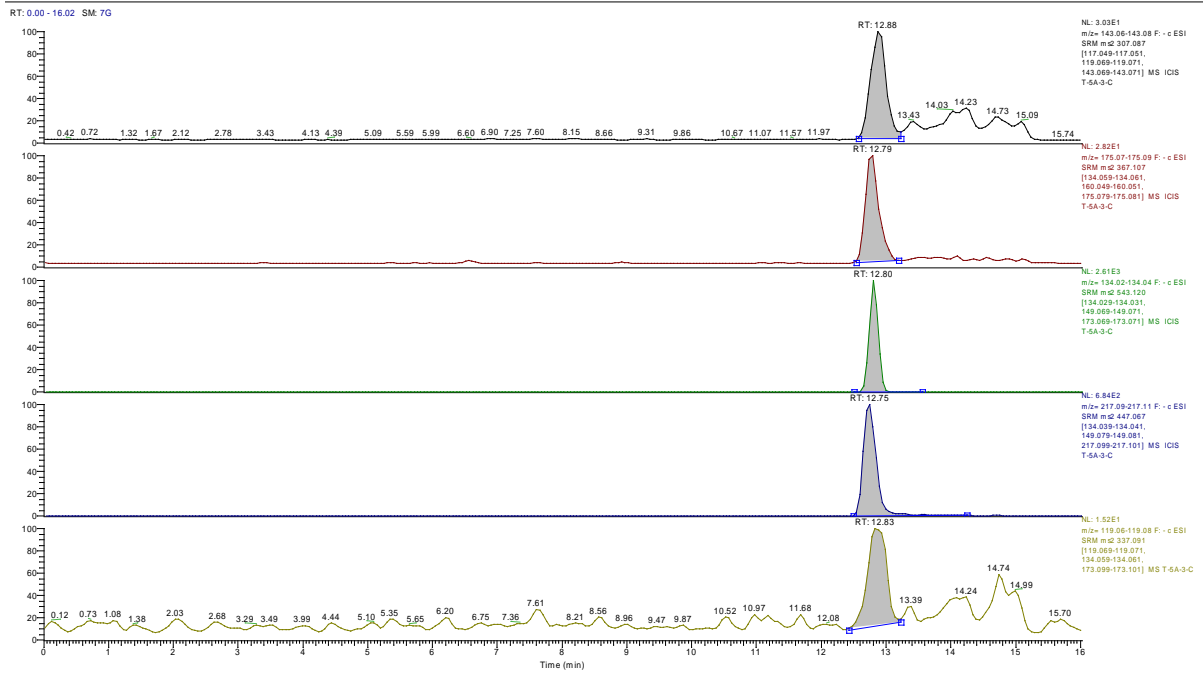


Figure S3: Chromatographs for (in order; top-bottom) bisdemethoxycurcumin, curcumin, curcumin glucuronide, curcumin sulfate, and desmethoxycurcumin from second randomised sample from CUR+EX group.

