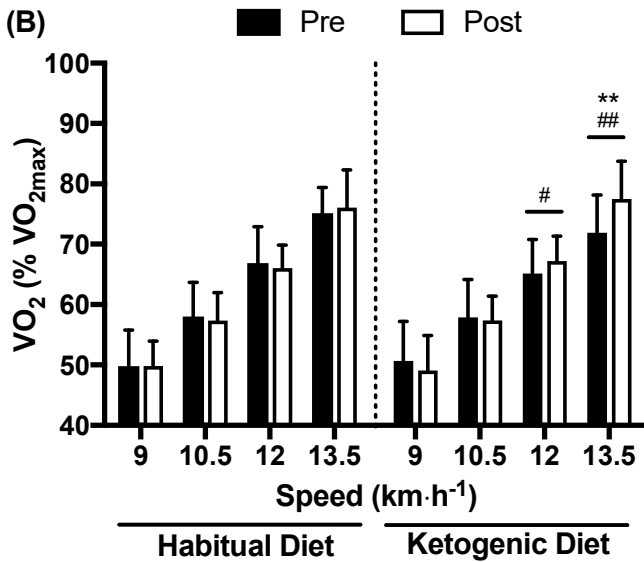
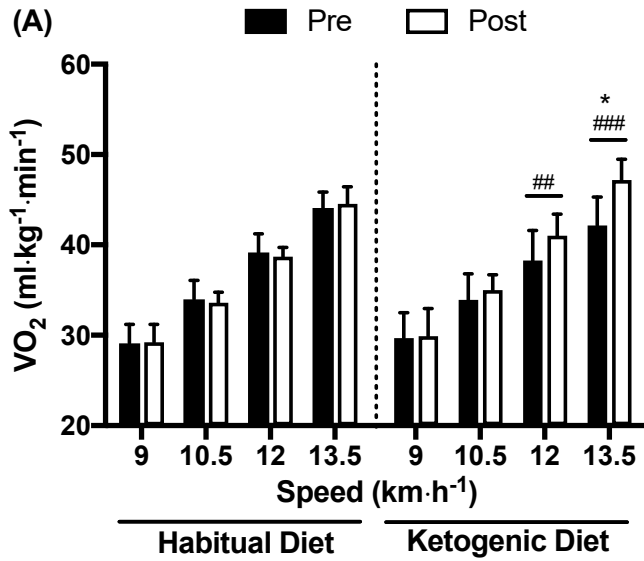
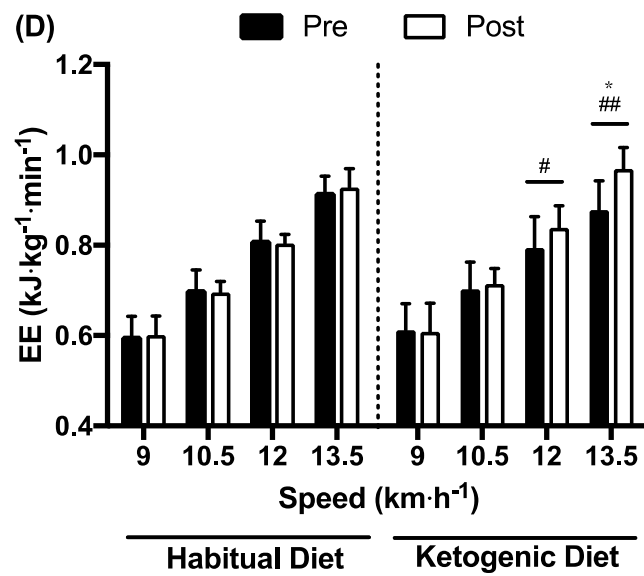
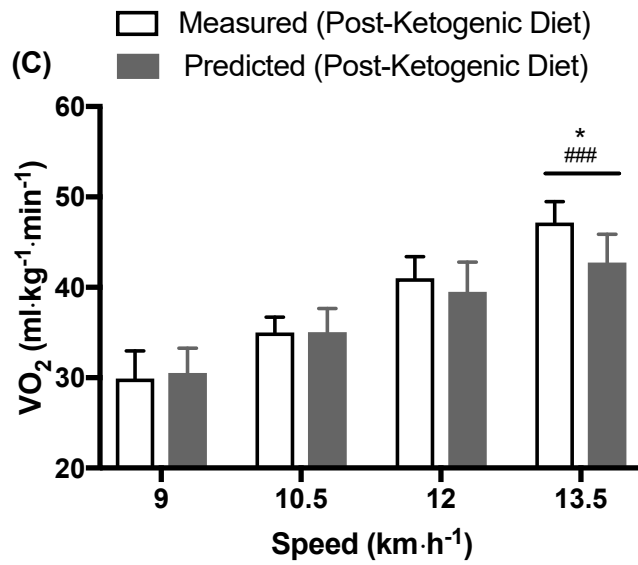


**Supplemental Digital Content 6.** Summary of oxygen uptake and exercise efficiency during the metabolic test presented as (A) oxygen uptake relative to body mass ( $\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ ), (B) oxygen uptake relative to  $\text{VO}_{2\text{max}}$ , (C) oxygen uptake in the post-KD test compared to predicted values based on shifts in respiratory exchange ratio from the pre-KD test, whilst assuming no difference in exercise efficiency and (D) energy expenditure relative to body mass. Values are mean  $\pm$  SD.





\*Significantly different to pre-diet values ( $*P < 0.05$ ;  $**P < 0.01$ ).  
 Effect size ( $d$ ); #small, ##moderate and ###large.