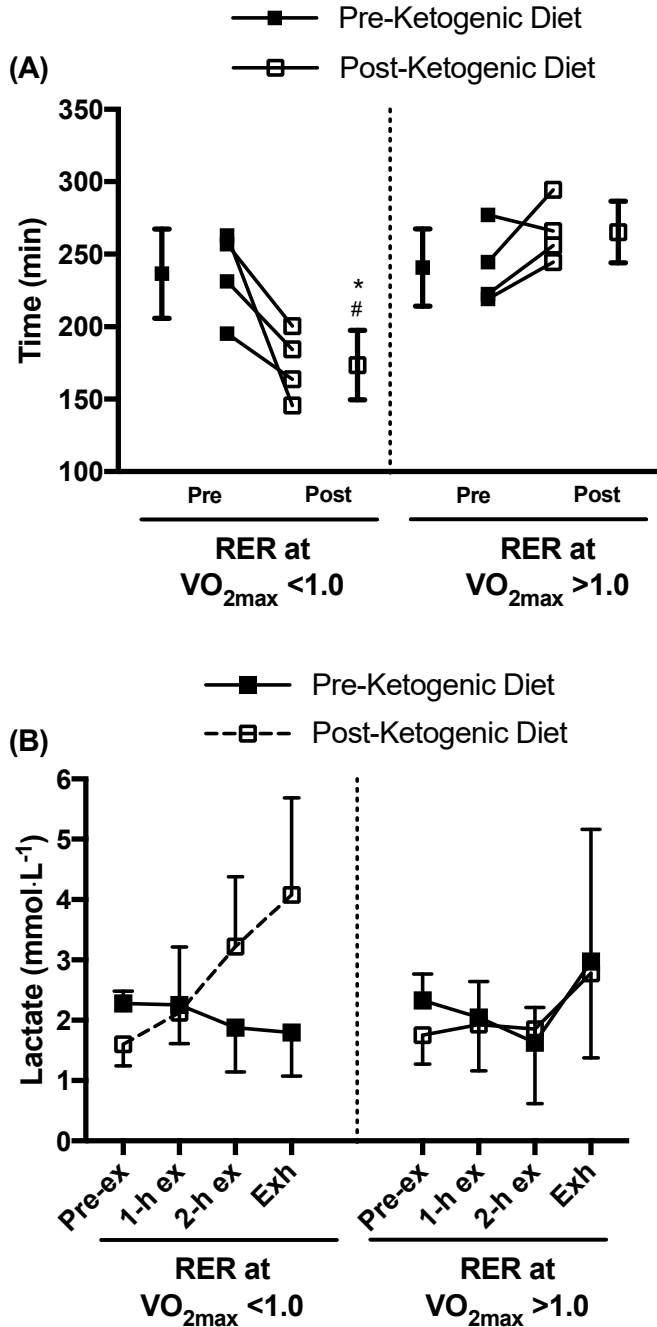


**Supplemental Digital Content 7.** Performance variables for the time-to-exhaustion trial for the pre- and post-KD trials split into groups based on RER <1.0 and >1.0 at  $VO_{2max}$  in the post-KD metabolic test presented as (A) mean  $\pm$  SD and individual time-to-exhaustion and (B) mean  $\pm$  SD blood lactate concentration.



Significantly different in the post- compared to pre-KD trial (\* $P = 0.04$ ). Effect size ( $d$ ); #large.