SUPPLEMENTAL FIGURE 1: CONSORT 2010 Flow Diagram

**Enrollment**
Assessed for eligibility (n = 17)

Excluded (n = 0)

**Randomized** (n = 17)

**Allocation**

- Cross-over design
Allocated to intervention (n = 17)

**Analysis**
Analysed (n = 17)

- Excluded from chamber data analysis (technical problems) (n= 2)
- some parameters were only analyzed in a subsample (Ghrelin n=8, cortisol n=8)