SUPPLEMENTAL FIGURE 1. Supplemental Figure 1. Mean (± SEM) plasma insulin concentrations after ingestion of whey protein as a single bolus (1 × 25 g) or as repeated ‘pulse’ (10 × 2.5 g q 20 min) feedings (n = 8). Time = 0 denotes the end of exercise and start of feeding. Data were analyzed using a two-factor (time × condition) repeated measures ANOVA with Tukey's post hoc test (time × condition interaction, P < 0.001).

*Significantly greater than PULSE, P < 0.05.