Online Supporting Material

Medline search strategy:
1. Dietary Carbohydrates/ or Carbohydrates/ or carbohydrate.mp.
2. Sucrose/ or DietarySucrose/ or sucrose.mp.
3. Galactose/ or galactose.mp.
4. Fructose/ or fructose.mp.
5. Maltose/ or Polysaccharides/ or Oligosaccharides/ or maltodextrin.mp.
6. Monosaccharides/ or monosaccharide.mp.
7. carbohydrate ingestion.mp.
8. Beverages/ or Gatorade.mp. or Nutrition/
9. Beverages/ or Powerade.mp.
10. Dietary Supplements/ or supplement.mp.
11. Dietary Supplements/ or diet supplement.mp. or Dietary Carbohydrates/
12. Diet/ or diet.mp.
13. Nutrition/ or nutrition.mp.
14. Nutrition/ or ergogenic aid.mp. or Dietary Supplements/
15. sugar.mp. or Carbohydrates/
16. feeding.mp.
17. Beverages/ or sports drink.mp. or Dietary Carbohydrates/
18. Solutions/ or Dietary Carbohydrates/ or Carbohydrates/ or Fructose/ or carbohydrate solution.mp. or Glucose/
19. Glucose Solution, Hypertonic/ or Solutions/ or Glucose/ or glucose solution.mp.
20. Glucose/ or Dietary Carbohydrates/ or glucose ingestion.mp.
21. Glucose/
22. Dietary Carbohydrates/ or carbohydrate supplementation.mp. or Dietary Supplements/
23. Dietary Carbohydrates/ or Glucose/ or glucose feeding.mp.
24. Dietary Carbohydrates/ or carbohydrate feeding.mp. or Glucose/
25. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or
17 or 18 or 19 or 20 or 21 or 22 or 23 or 24
26. limit 25 to humans
27. Running/ or Physical Endurance/ or Bicycling/ or time trial.mp. or Exercise Test/
28. Sports/ or sport performance.mp.
29. sport.mp. or Racquet Sports/ or Sports/ or Snow Sports/
30. Physical Endurance/ or Sports/ or athletic performance.mp.
31. exercise test.mp. or Exercise Test/
32. running.mp. or Running/
33. cycling.mp. or Bicycling/
34. Swimming/ or swimming.mp.
35. athletic.mp. or Sports/
36. Swimming/ or Sports/ or performance enhancement.mp.
37. Exercise Test/ or Bicycling/ or Running/ or time trial performance.mp. or Exercise/
38. Physical Fitness/ or physical performance.mp. or Exercise/ or Physical Endurance/
39. Exercise Test/ or Fatigue/ or Physical Endurance/ or exhaustion.mp.
40. Exercise/ or Physical Endurance/ or prolonged exercise.mp.
41. Exercise/ or Physical Endurance/ or endurance exercise.mp.
42. Sports/ or Exercise/ or Physical Endurance/ or endurance.mp.
43. Exercise/ or exercise performance.mp. or Exercise Test/
44. Exercise Test/ or Exercise/ or Arm/ or arm cranking.mp.
45. Physical Endurance/ or Sports/ or rowing.mp. or Exercise/
46. Sports/ or athlete.mp.
47. Exercise Test/ or Running/ or time to exhaustion.mp. or Physical Endurance/ or Exercise/
48. 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41
or 42 or 43 or 44 or 45 or 46 or 47
49. limit 48 to humans
Online Supporting Material

50. 26 and 49
51. limit 50 to ("adult (19 to 44 years)" or "middle age (45 to 64 years)" or "middle aged (45 plus years)" or "all aged (65 and over)" or "aged (80 and over")

Supplemental Figure 1. Medline search strategy. This search strategy was modified for other databases.