Supplemental Figure 2. Study selection process for the meta-analysis. Although studies may have been excluded for more than one reason, they are categorized by the first reason according to the elimination criteria used. n = number of studies; CHO = carbohydrate; 1 Includes non-original research or insufficient information; 2 All non-original research (e.g. reviews); 3 Includes studies with no performance measure, studies where the performance measure was limited and studies where ingestion occurred during a second bout of exercise to exhaustion; 4 Ingestion of treatment greater than 20 min prior to start of exercise; 5 Unable to retrieve sufficient information from authors to make a decision