Table S1. Measurements of isometric and isokinetic strength in the nondominant leg before and after supplementation.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Nondominant | Leucine (n=7) | | d | L-carnitine + Leucine (n=7) | | d | group x time (p) |
| pre | post | pre | post |
| Isometric 90 | | | | | | | |
| PT Q (Nm) | 187 ± 66 | 202 ± 88 | 0.20 | 177 ± 90 | 163 ± 71 | 0.18 | 0.114 |
| PT H (Nm) | 73 ± 26 | 81 ± 33 | 0.31 | 79 ± 29 | 72 ± 33 | 0.24 | 0.024 |
| Isokinetic 60°/sec | | | | | | | |
| PT Q (Nm) | 145 ± 40 | 149 ± 38 | 0.08 | 135 ± 49 | 136 ± 48 | 0.03 | 0.747 |
| PT H (Nm) | 78 ± 23 | 87 ± 26 | 0.36 | 76 ± 30 | 83 ± 29 | 0.29 | 0.750 |
| AP Q (W) | 126 ± 36 | 136 ± 36 | 0.24 | 117 ± 47 | 121 ± 43 | 0.10 | 0.573 |
| AP H (W) | 72 ± 21 | 79 ± 22 | 0.26 | 75 ± 32 | 76 ± 28 | 0.04 | 0.349 |
| TW Q (J) | 788 ± 218 | 795 ± 212 | 0.02 | 750 ± 366 | 795 ± 309 | 0.15 | 0.395 |
| TW H (J) | 481 ± 131 | 495 ± 145 | 0.07 | 499 ± 244 | 524 ± 210 | 0.13 | 0.723 |
| TW Q+H (J) | 1269 ± 346 | 1290 ± 349 | 0.04 | 1250 ± 607 | 1319 ± 511 | 0.15 | 0.428 |
| Isokinetic 300°/sec | | | | | | | |
| PT Q (Nm) | 77 ± 26 | 78 ± 25 | 0.04 | 70 ± 23 | 77 ± 27 | 0.29 | 0.419 |
| PT H (Nm) | 46 ± 14 | 55 ± 16 | 0.74 | 42 ± 13 | 49 ± 18 | 0.54 | 0.546 |
| AP Q (W) | 236 ± 66 | 257 ± 70 | 0.27 | 241 ± 91 | 269 ± 106 | 0.37 | 0.657 |
| AP H (W) | 125 ± 48 | 145 ± 46 | 0.38 | 126 ± 58 | 157 ± 78 | 0.62 | 0.422 |
| TW Q (J) | 775 ± 206 | 800 ± 215 | 0.09 | 824 ± 328 | 903 ± 361 | 0.30 | 0.136 |
| TW H (J) | 455 ± 152 | 502 ± 147 | 0.26 | 468 ± 224 | 569 ± 270 | 0.55 | 0.227 |
| TW Q+H (J) | 1230 ± 346 | 1302 ± 326 | 0.16 | 1292 ± 550 | 1473 ± 628 | 0.41 | 0.074 |

PT – peak torque; AP – average power; TW – total work; Q – quadriceps; H - hamstring