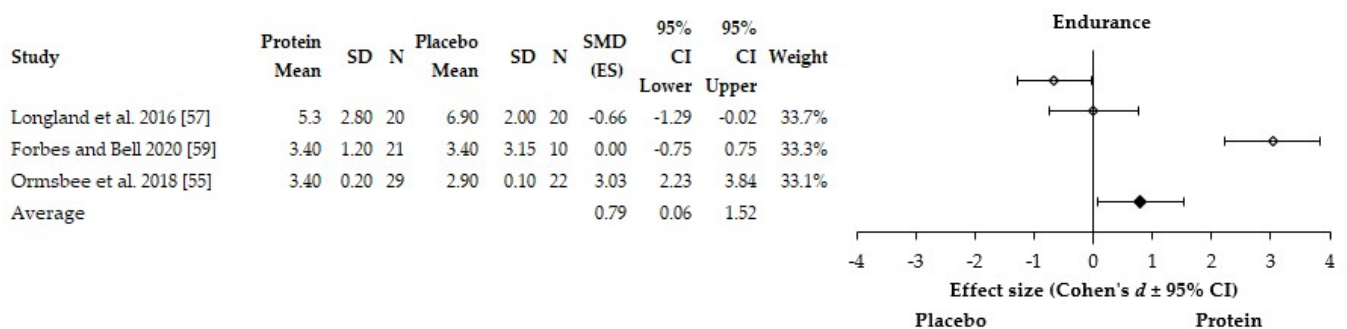


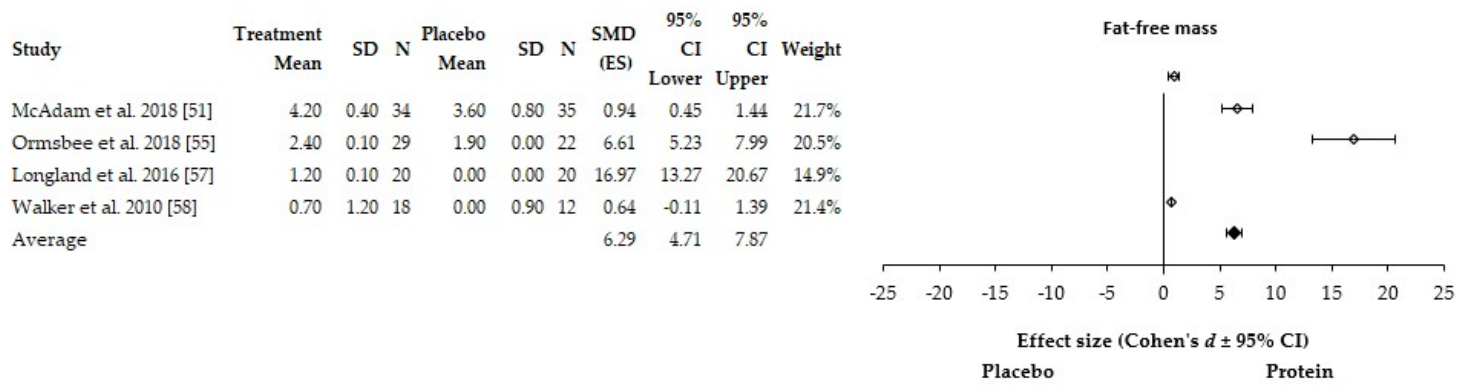
Supplementary Figure S1. Funnel plot of the comparison of the effect of protein supplementation vs. placebo on muscle strength, aerobic endurance, fat free mass (FFM) and fat-mass (FM) adaptations. All studies are included.



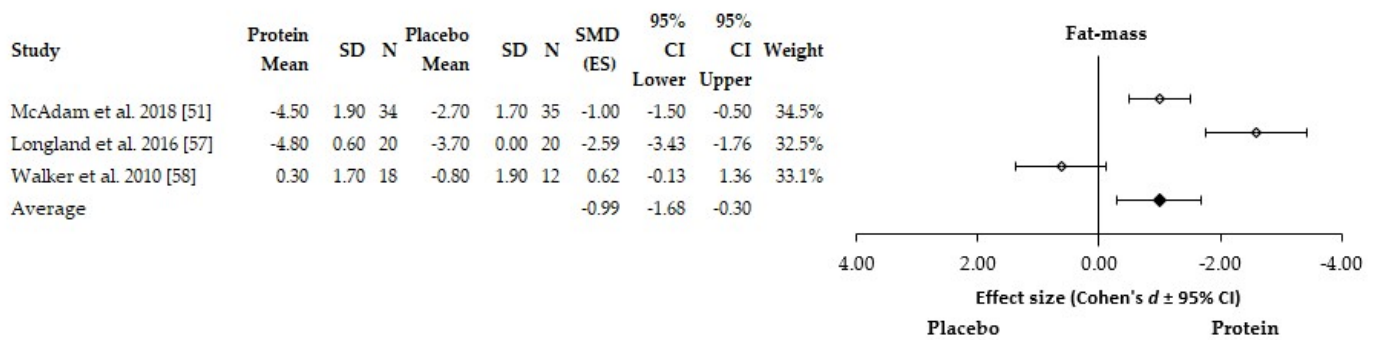
Supplementary Figure S2. Forest plot showing the effect sizes of the studies which assessed the effects of protein supplementation on muscle strength adaptations.



Supplementary Figure S3. Forest plot showing the effect sizes of the studies which assessed the effects of protein supplementation on aerobic endurance adaptations.



Supplementary Figure S4. Forest plot showing the effect sizes of the studies which assessed the effects of protein supplementation on fat-free mass (FFM) changes in response to concurrent training.



Supplementary Figure S5. Forest plot showing the effect sizes of the studies which assessed the effects of protein supplementation on fat-mass (FM) changes in response to concurrent training.