

Table S1. Participants' characteristics ($n = 35$)

Variable	Supplemented Group ($N = 16$)	Control Group ($N = 19$)	P	Effect Size (η^2)
	Mean \pm SD	Mean \pm SD		
Age (years)	42.40 \pm 7.59	39.48 \pm 6.89	0.21	0.04
Body height (cm)	175.20 \pm 4.34 *	179.67 \pm 4.64	0.01	0.17
Body mass	72.51 \pm 6.71	76.19 \pm 5.25	0.07	0.08
Body mass index (kg/m ²)	23.24 \pm 2.78	24.45 \pm 1.19	0.11	0.06
Fat mass (%)	12.13 \pm 3.89	12.85 \pm 4.42	0.36	0.03

Note: *, significant difference vs. control group at $p < 0.05$.

Table S2. Summary of training loads during typical one week of the two periods of training ($n = 35$).

		Number Of Training Units Per Week	CR 1 (Km)	CR 2 (Km)	CROSS 1 (Km)	CROSS 2 (Km)	Speed (Km)
General preparation period	Mean	5.00	60.94	11.58	7.58	3.91	0.88
	SD	0.83	16.29	4.21	2.78	2.88	0.60
Pre-start preparation period	Mean	5.70	67.39	13.52	14.38	5.7	1.57
	SD	0.85	11.96	2.60	4.35	2.65	0.59

Note: CR 1–70–80% HR max - continuous running in the first intensity range (70–80% HRmax); CR 2–80–90% HR max - continuous running in the second intensity range (80–90% HRmax); CROSS 1 – up-downhill running in different tempo (75–85% HR max); CROSS 2–up-downhill running in different tempo (85–95% HR max); Speed–100–200 meters distance running with high intensity.

Table S3. Characteristics of the maximum oxygen uptake capacity (VO₂ max) in ultramarathon runners based on the Cooper test (Cooper, 1968).

Variable	Supplemented Group ($N = 16$)	Control Group ($N = 19$)	P	Effect Size (η^2)
	Mean \pm SD	Mean \pm SD		
VO ₂ max (ml \times kg ⁻¹ \times min ⁻¹)	53.73 \pm 6.04	54.40 \pm 5.68	0.74	<0.01
Distance (km)	2.908 \pm 0.263	2.939 \pm 0.254	0.75	<0.01

Note: VO_{2max} - maximal oxygen uptake