

## Supplementary Figure

Figure S1: Estimated marginal mean ( $\pm$  error) plots of interstitial glucose (panel A) and blood glucose (panel B) response during exercise and in the 2-h post-exercise recovery period, on control and dehydration trials, using baseline glucose as a covariate.  $\alpha$  indicates difference from rest (R) during the exercise,\* indicates difference between trials during recovery.

