

Supplementary Table 3. Additional univariate meta-regressions.

Univariate	1RM					Fat Free Mass				
	N	Coeff. (95% CI)	Adj. R ²	I ²	p-value	N	Coeff. (95% CI)	Adj. R ²	I ²	p-value
Mean Diff - Total PRO intake (g/kg/d)	16	2.54 (-8.01, 13.07)	-2%	55%	0.61	18	-0.01 (-1.14, 1.13)	-20%	17%	0.99
Mean Diff - Δ PRO intake (g/d)	13	-0.03 (-0.13, 0.08)	0%	0%	0.60	14	-0.01 (-0.02, 0.01)	0%	0%	0.70
Repetitions per set	28	-0.14 (-1.25, 0.98)	-9%	34%	0.80	26	0.02 (-0.07, 0.10)	-6%	0%	0.74
Sets per exercise	28	1.97 (-0.62, 4.57)	31%	16%	0.13	25	-0.01 (-0.51, 0.48)	-18%	0%	0.96
Exercises per session	25	0.33 (-0.21, 0.87)	15%	29%	0.23	23	0.02 (-0.06, 0.09)	-29%	2%	0.17
Frequency (sessions per week)	27	2.54 (-0.95, 6.03)	22%	28%	0.15	26	0.12 (-0.17, 0.41)	7%	0%	0.39
Length (number of weeks)	29	-0.21 (-0.51, 0.08)	9%	47%	0.15	27	-0.02 (-0.05, 0.01)	10%	2%	0.24
Total Volume	24	-0.00 (-0.00, 0.00)	-14%	45%	0.69	23	-0.00 (-0.00, 0.00)	-15%	3%	-0.90
Source (whey or soy)	17	-1.95 (-10.98, 7.08)	-12%	59%	0.65	14	-0.12 (-0.95, 0.71)	-36%	31%	0.85
Sex (male or female)	24	-0.27 (-7.61, 7.06)	-6%	36%	0.94	21	-0.04 (-0.72, 0.63)	-23%	15%	0.90
Type (diet or exercise-supplement)	28	-2.12(-5.75, 1.52)	20%	21%	0.24	27	0.05 (-0.42, 0.52)	-21%	10%	0.83
Whole-body (yes or no)	27	4.41 (1.14, 7.68)	76%	2%	0.01	25	-0.22 (-1.15, 0.71)	-2%	1%	0.63
Supervision (yes or no)	28	-3.80 (-7.56, -0.06)	58%	5%	0.05	27	0.48 (-0.28, 1.24)	21%	0%	0.21

Note: Diff = difference, PRO = protein, and 1RM = one-repetition-maximum