Supplementary material 4: Meta-regressions

Title: The effect of heat stress and dehydration on carbohydrate use during endurance exercise: A systematic review and meta-analysis

Journal: Sports Medicine

Running heading: Heat stress and dehydration's impact on carbohydrate use in endurance exercise: A systematic review

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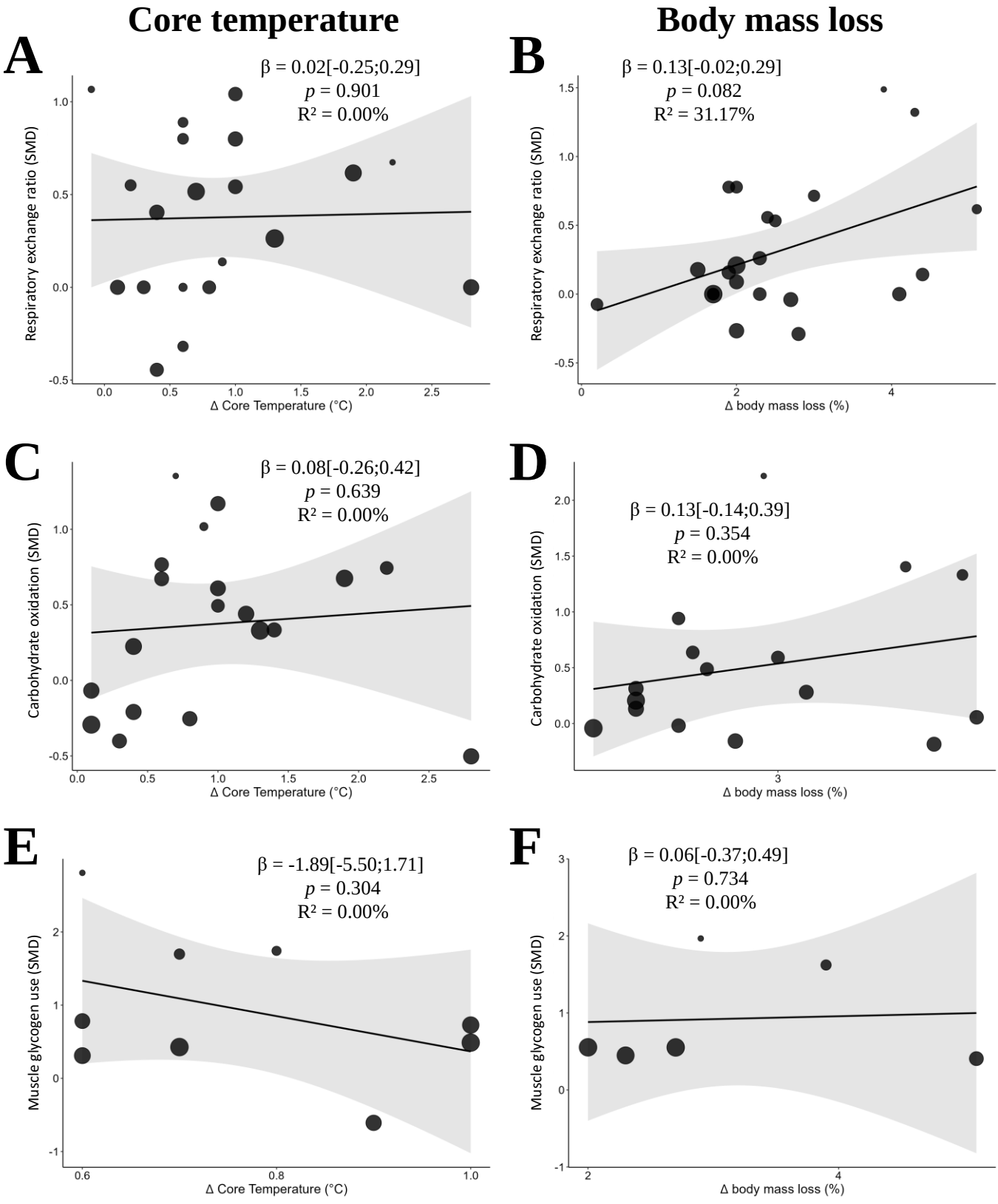

Figure 1. Meta-regression analyses examining the relationship between respiratory exchange ratio (A, B), carbohydrate oxidation (C, D), and muscle glycogen use (E, F) with changes in core temperature (left panel) and body mass loss (right panel). The left panel includes studies comparing hot vs. temperate conditions, while the right panel includes studies comparing hydrated vs. dehydrated states. Body mass loss is displayed inversely, where a value of 4 represents a −4% body mass loss in the dehydrated condition. β is the regression coefficient with 95% confidence interval. Each dot represents an individual study, with the size reflecting study precision.