

Whey protein sweetened with *Stevia rebaudiana* Bertoni (Bert.) increases mitochondrial biogenesis markers in the skeletal muscle of resistance-trained rats

Running head: Stevia improve whey protein functions

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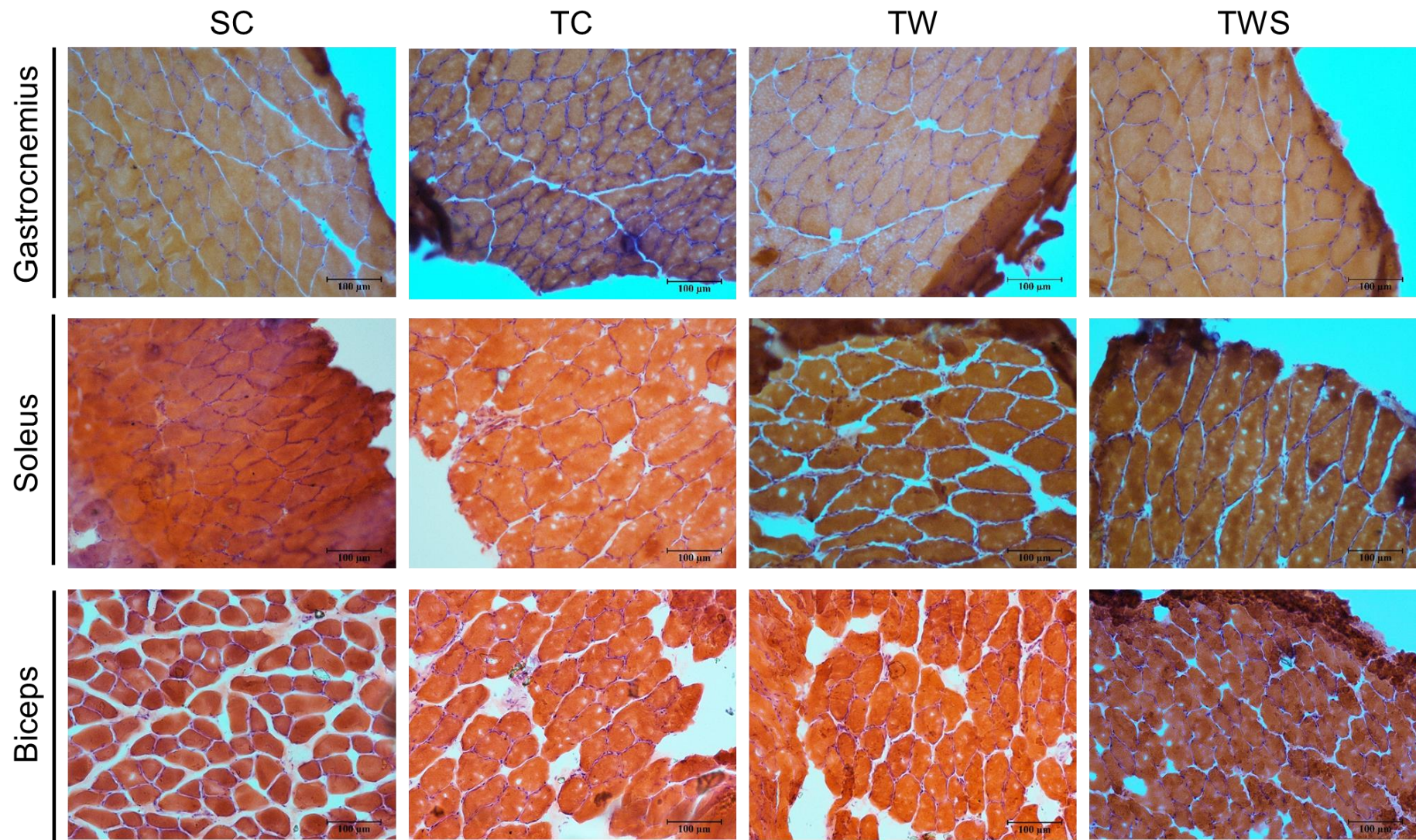
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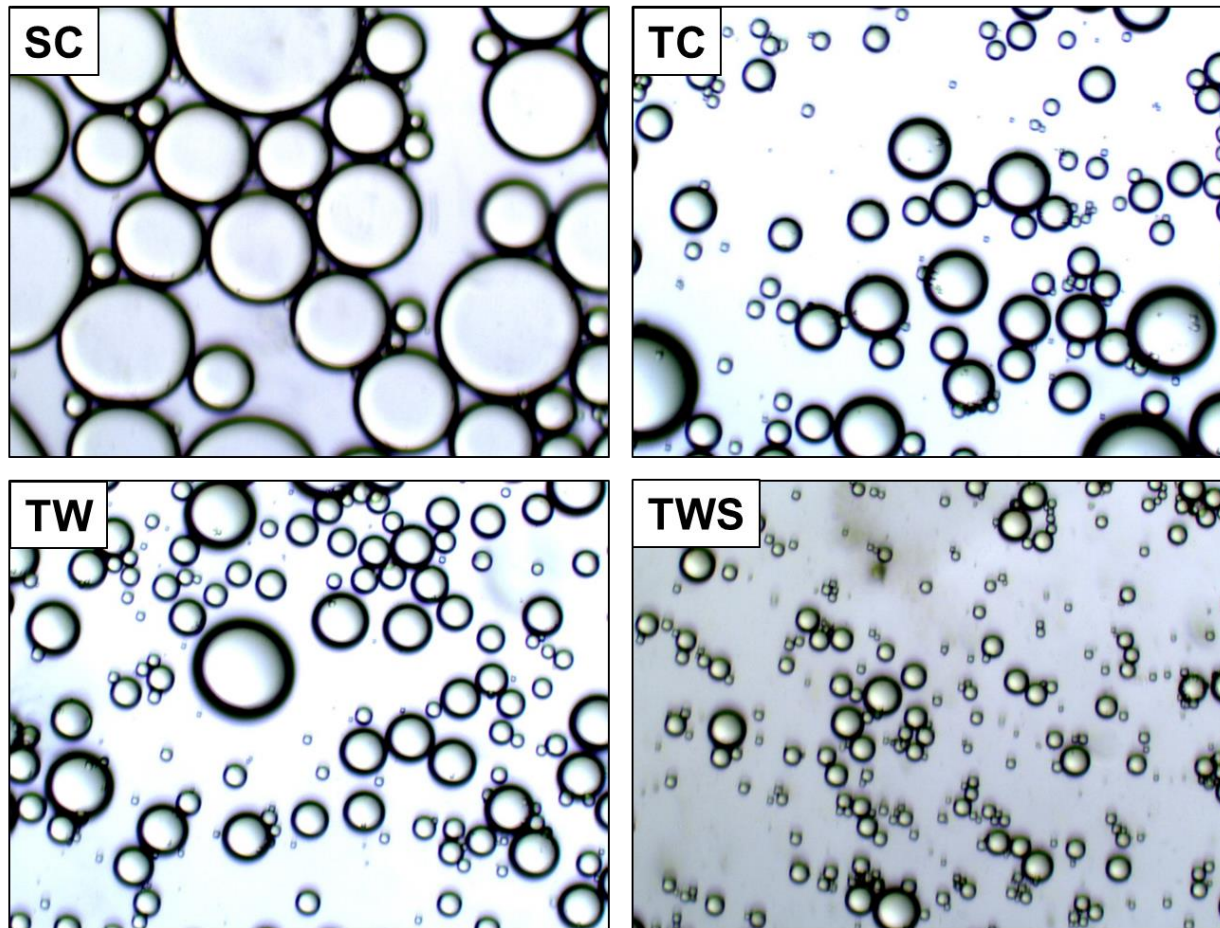
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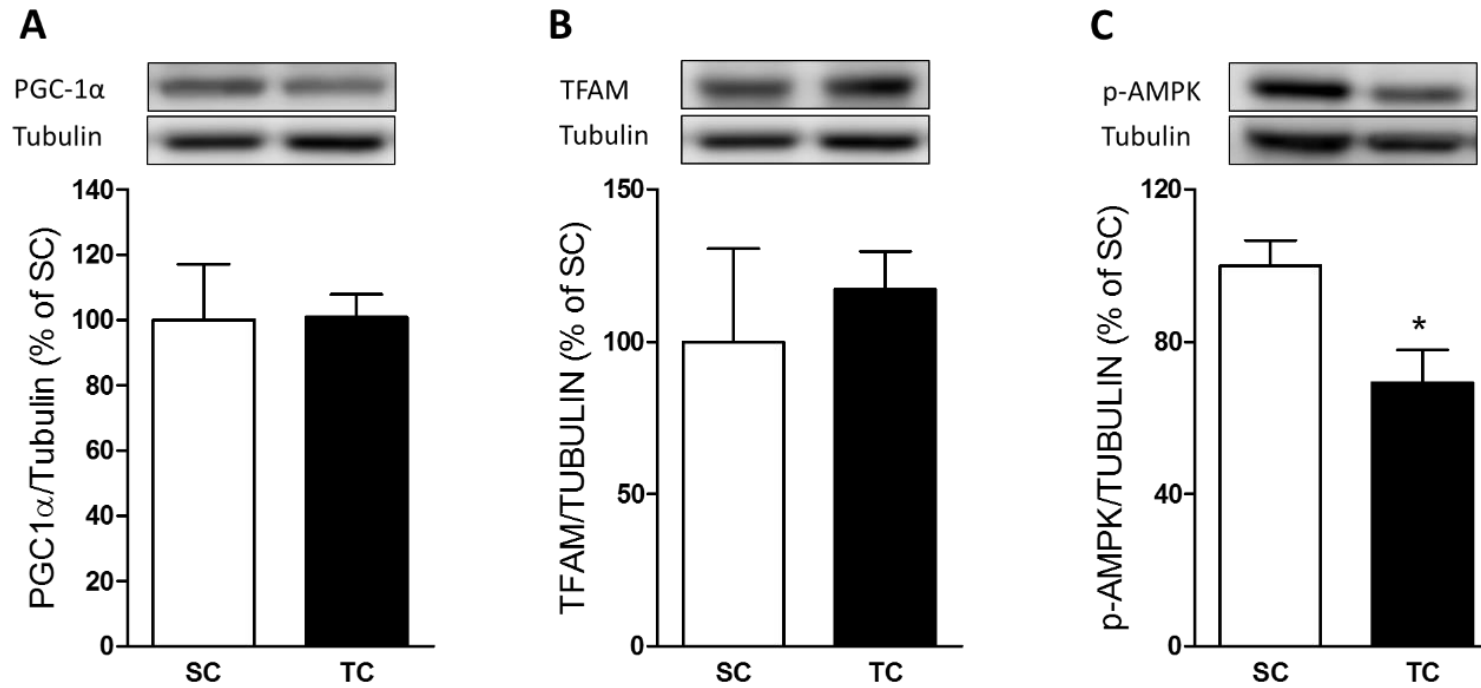
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Supplementary Figure 1. Representative images of muscle fiber diameters analysis. Semi-serial cross-sections with 10 μm thick of the skeletal muscles (gastrocnemius, soleus and biceps brachii) were stained with haematoxylin and eosin. The images of these sections were captured at $\times 20$ magnification with a microscope, as described in the Methods. SC, sedentary control rats; TC, trained control rats; TW, trained rats receiving whey protein; TWS, trained rats receiving whey protein sweetened with *S. rebaudiana* leaf extracts.



Supplementary Figure 2. Representative images of adipocytes diameters analysis. The adipocytes from retroperitoneal adipose tissue was isolated, as described in the Methods, and the image of these adipocytes were capture at $\times 4$ magnification using a microscope. SC, sedentary control rats; TC, trained control rats; TW, trained rats receiving whey protein; TWS, trained rats receiving whey protein sweetened with *S. rebaudiana* leaf extracts.



Supplementary Figure 3. Effect of the resistance training on the protein expression of mitochondrial biogenesis markers in skeletal muscle of rats. Protein expression of PGC-1 α (A), TFAM (B) and phospho-AMPK α^{Thr172} (C) in the biceps brachii muscle of the resistance-trained rats and their representatives immunoblotting images. SC, sedentary control rats; TC, trained control rats. n = 4-5. Data are presented as the mean $\pm$ S.E.M. *p $\leq$ 0.05 vs SC, Student's t test.