

Table for *Gadomski, S.* The Effect of L-citrulline and Watermelon Juice on Anaerobic and Aerobic Exercise Performance.

| | VO_{2max} (mL·kg⁻¹·min⁻¹) | TE (min) | REPS | FMD (% change) |
|---------------------|--|---------------------------|-------------|---------------------------------|
| L-citrulline | 56 ± 8 | 9.5 ± 1.6 | 33 ± 11 | 1.12 ± 3.10 |
| Watermelon | 56 ± 9 | 9.4 ± 1.7 | 33 ± 10 | 0.50 ± 4.13 |
| Control | 55 ± 8 | 9.3 ± 1.7 | 32 ± 10 | 0.77 ± 4.21 |
| | p = 0.58 | p = 0.41 | p = 0.51 | p = 0.86 |