

Table for *Kluka, J.* Effects of Simple Carbohydrate vs. Carbohydrate-Protein Intake on Glucose Homeostasis Following Intense Exercise.

Treatment	Post-ex	10min	20min	30min [^]	40min [^]	50min [^]	60min [^]
PL	88.6±6.5	95.7±4.7	88.6±5.6	83.4±4.6	79.7±3.2	87.6±4.4	76.7±4.6
CHO*	93.1±4.0	98.6±4.8	100.3±5.8	114.9±6.6	110.4±5.8	117.9±6.8	116.3±5.3
C-PRO	101.1±4.7	91.9±5.8	89.8±3.5	91.3±5.2	99.2±10.4	96.6±11.3	99.4±6.4