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# **Peripheral Amino Acid Appearance is Lower Following Plant Protein Fibre Products, Compared to Whey Protein and Fibre Ingestion, in Healthy Older Adults Despite Optimised Amino Acid Profile.**

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**Supplementary Materials:**

**Table S1.** A) Sources included in each PPF product blend, and B) PPF products' nutritional composition.<sup>1</sup>

<b>A. Protein sources</b>	<b>protein content</b>			
	(g/ 100 g dry matter basis)	<b>PPF1</b>	<b>PPF2</b>	<b>PPF3</b>
Rice protein isolate	91	0%	0%	18%
Pea protein isolate	88	54%	54%	36%
Pumpkin protein concentrate	62	26%	0%	0%
Soy protein isolate	92	0%	0%	26%
Oat protein concentrate	55	0%	17%	0%
Almond protein concentrate	59	0%	9%	0%
Pea fibre	11	20%	20%	20%

  

<b>B. Nutritional Composition</b>	<b>PPF1</b>	<b>PPF2</b>	<b>PPF3</b>
Energy (kJ / kcal) *	1552 / 369	1563 / 372	1543 / 367
Moisture (%)	5.3	5.5	5.1
Protein (% dry basis)	65.1	64.0	73.6
Protein (% fresh basis)	61.6	60.5	69.9
Fat (% fresh basis) *	7.7	8.5	4.5
of which saturates (% fresh basis) *	1.6	1.8	1.2
Carbohydrates (% fresh basis) *	4.9	7.7	5.9
Salt (% fresh basis) *	1.4	1.4	1.0

<sup>1</sup>PPF, plant protein fibre. \*Calculated from ingredient specifications.

**Table S2.** Plasma amino acid 3-hr iAUC, C<sub>max</sub>, and T<sub>max</sub> in response to test meals containing WPF or PPF products 1-3.<sup>1</sup>

	WPF	PPF1	PPF2	PPF3
$\Sigma$ AA				
iAUC, $\mu\text{M}$	163,227 $\pm$ 43,854	134,500 $\pm$ 41,462	134,500 $\pm$ 41,462	134,500 $\pm$ 41,462
C <sub>max</sub> , $\mu\text{M} \cdot \text{min}$	4,280 $\pm$ 949	3,797 $\pm$ 732	3,835 $\pm$ 855	3,937 $\pm$ 821
T <sub>max</sub> , min	107 $\pm$ 16	87 $\pm$ 32	110 $\pm$ 34	117 $\pm$ 51
$\Sigma$ IAA				
iAUC, $\mu\text{M}$	67,202 $\pm$ 18,144	60,905 $\pm$ 18,222	60,905 $\pm$ 18,222	60,905 $\pm$ 18,222
C <sub>max</sub> , $\mu\text{M} \cdot \text{min}$	1,756 $\pm$ 583	1,343 $\pm$ 327 <sup>a</sup>	1,461 $\pm$ 367	1,454 $\pm$ 404 <sup>b</sup>
T <sub>max</sub> , min	103 $\pm$ 26	103 $\pm$ 43	123 $\pm$ 35	123 $\pm$ 55
$\Sigma$ BCAA				
iAUC, $\mu\text{M}$	29,981 $\pm$ 9,369	27,360 $\pm$ 10,640	27,360 $\pm$ 10,640	27,360 $\pm$ 10,640
C <sub>max</sub> , $\mu\text{M} \cdot \text{min}$	954 $\pm$ 337	708 $\pm$ 155 <sup>a</sup>	776 $\pm$ 140	858 $\pm$ 202 <sup>b</sup>
T <sub>max</sub> , min	100 $\pm$ 21	157 $\pm$ 33 <sup>a</sup>	147 $\pm$ 32	150 $\pm$ 34
Leucine				
iAUC, $\mu\text{M}$	8,95 $\pm$ 2,904	8,602 $\pm$ 3,503	8,602 $\pm$ 3,503	8,602 $\pm$ 3,503
C <sub>max</sub> , $\mu\text{M} \cdot \text{min}$	331 $\pm$ 116	231 $\pm$ 51 <sup>a</sup>	254 $\pm$ 47	280 $\pm$ 69 <sup>b</sup>
T <sub>max</sub> , min	93 $\pm$ 23	147 $\pm$ 38	130 $\pm$ 42	143 $\pm$ 44

<sup>1</sup>Values are mean  $\pm$  SD ( $n = 10$ ). Data were analysed using a paired sample t-test, except for T<sub>max</sub>, which was analysed using a Wilcoxon signed-rank test. <sup>a</sup>Indicates a significant difference between from WPF and <sup>b</sup>from PPF1. AA, amino acids; IAA, indispensable AA; BCAA, branched-chain AA; AUC, area under the curve; iAUC, incremental AUC; C<sub>max</sub>, maximum concentration; T<sub>max</sub>, time of maximum concentration; WPF, whey protein fibre.