

Selection and consent	Reference test	2 weeks of administration of the supplement + recording of the diet	Day 15
Selection	Height and weight		Height and weight
Informed consent	Vital signs		Supplement compliance control
Demography	Supplement administration instructions		Diet recording control
Anamnesis			Fasting blood draw
Physical activity	Diet recording instructions		Ingestion of dietary supplement (animal or plant protein) with/without a probiotic
Height and weight	Dietary restrictions		Subsequent blood draws (30, 60, 120, 180 minutes)
Vital signs			Scheduled control visit
Randomisation	Experimental tests scheduling		

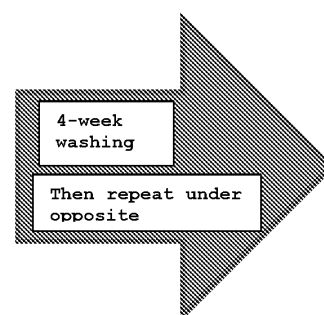


Figure 1