

Recruited by general practitioner  
n = **33**

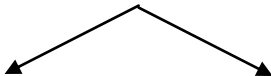


Underwent a maximal exercise  
tolerance test: VO<sub>2</sub>max  
n = **33**



**5** Excluded (4 Not completed  
and 1 Pathological response)

Included (completed VO<sub>2</sub>max)  
n = **28** Randomized



Normal Protein Intake  
1.0 g/kg bw/day  
n = **14**

High Protein Intake  
1.2 g/kg bw/day  
n = **14**