Title

The effect of a single bout of continuous aerobic exercise on glucose, insulin and glucagon concentrations compared to resting conditions in non-diabetic adults: A systematic review, meta-analysis and meta-regression.

Journal

Sports Medicine

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Electronic Supplementary Material Figure S1
DECLARATIONS

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Conflicts of interest

James Frampton, Benjamin Cobbold, Mikhail Nozdrin, Htet Oo, Holly Wilson, Kevin Murphy, Gary Frost and Edward Chambers declare that they have no conflicts of interest relevant to the content of this review.

Availability of Data and Material

Please contact the corresponding author for data requests.

Author Contributions

J.F and E.S.C conceived and designed the study. J.F performed databases searches. J.F, B.C, M.N, H.T.H.O and H.W participated in the screening process. J.F extracted data and performed all statistical analyses. J.F, E.S.C, K.G.M and G.F interpreted results of the analysis. J.F. wrote the initial draft of the manuscript, and critically revised by E.S.C, K.G.M and G.F. All authors read and approved the final manuscript.
6. Overall bias

5. Bias in the selection of the reported result

4. Bias in measurement of the outcome

3. Bias due to missing outcome data

2. Bias due to deviations from intended interventions

1. Bias arising from the randomization process

Glucose

Low risk of bias
Unclear risk of bias
High risk of bias

Insulin

Low risk of bias
Unclear risk of bias
High risk of bias

Glucagon

Low risk of bias
Unclear risk of bias
High risk of bias