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University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

**Table S1.** Wistar rats' weight used in the exercise protocol.

| **Non-exercised (n=4)** | Weight (g) | **Low exercised (n=5)** | Weight (g) | **Moderate exercised (n=4)** | Weight (g) | **High exercised (n=5)** | Weight (g) |
|---|---|---|---|---|---|---|---|
| NE1 | 260 | L1 | 310 | M1 | 300 | H1 | 270 |
| NE2 | 290 | L2 | 270 | M2 | 265 | H2 | 255 |
| NE3 | 265 | L3 | 300 | M3 | 265 | H3 | 300 |
| NE4 | 275 | L4 | 280 | M4 | 330 | H4 | 313 |
| | | L5 | 315 | | | H5 | 285 |
| **Average** | **272,5** | **Average** | **295** | **Average** | **290** | **Average** | **284,6** |
| **Std±** | **13,2** | **Std±** | **18,3** | **Std±** | **29,0** | **Std±** | **21,8** |