

Supplemental Digital Table A: Demographics, sport participation and history of comorbidities and allergies for study participants (n=95)

Variables	All
Demographics	
Age (years) (mean) (SD)	25 (7.1)
Sex	
Male n (%)	60 (63.2)
Female n (%)	35 (36.8)
BMI (mean) (SD)	24.4 (3.9)
Sport participation	
Level of participation	
Professional n (%)	44 (46.3)
Amateur n (%)	51 (53.7)
Type of sport	
Endurance † n (%)	43 (45.3)
Mixed ‡ (including skills § n=2 and power ¶ n=7) n (%)	52 (54.7)
History of comorbidities	
Any comorbidity n (%)	49 (51.6)
Number of comorbidities per participant (mean, SD)	1.1 (1.5)
Individual comorbidities by organ system	
Cardiovascular n (%)	8 (8.4)
Risk factors cardiovascular disease n (%) ^a	11 (11.7)
Respiratory n (%)	25 (26.3)
Nervous system n (%)	5 (5.3)
Psychological disorders n (%)	9 (9.5)
Gastrointestinal n (%)	11 (11.6)
Endocrine n (%)	3 (3.2)
Renal or bladder n (%)	1 (1.1)
Immunologic/haematologic n (%)	5 (5.3)
History of growths/cancer n (%)	2 (2.1)
Allergies (yes) n (%)	22 (23.2)

† Cycling, mid/long distance swimming/running, triathlon

‡ Rugby, field hockey, soccer, tennis

§ Golf

¶ Short distance running, shot put, javelin, discus, gymnastics, judo

Missing data on participants: a=1