

Supporting Materials 2 (Grapov et al.)— Individual non-annotated (unknown, non-identified) metabolite concentration excursions during 30 min. fixed-workload exercise (ergonomic cycle) and 20 min. recovery in adult obese, sedentary, insulin-resistant women, before (pre-, n=15) and after (post-, n=12) a ~14 week weight loss and fitness regimen that significantly improved metabolic health. Concentrations are derived from metabolomics analysis and depicted here as means \pm SEM based on quantifier peak ion heights.

















































































