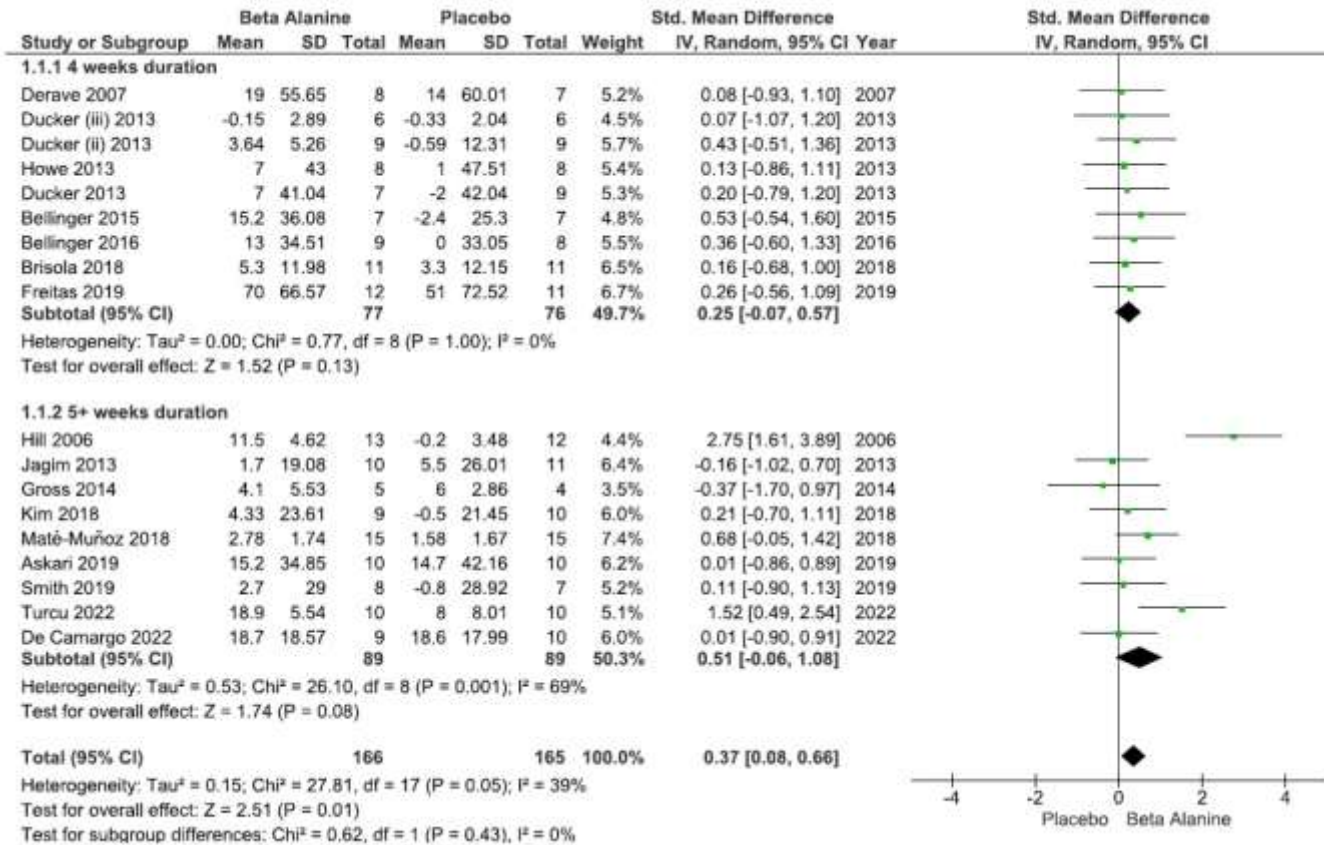
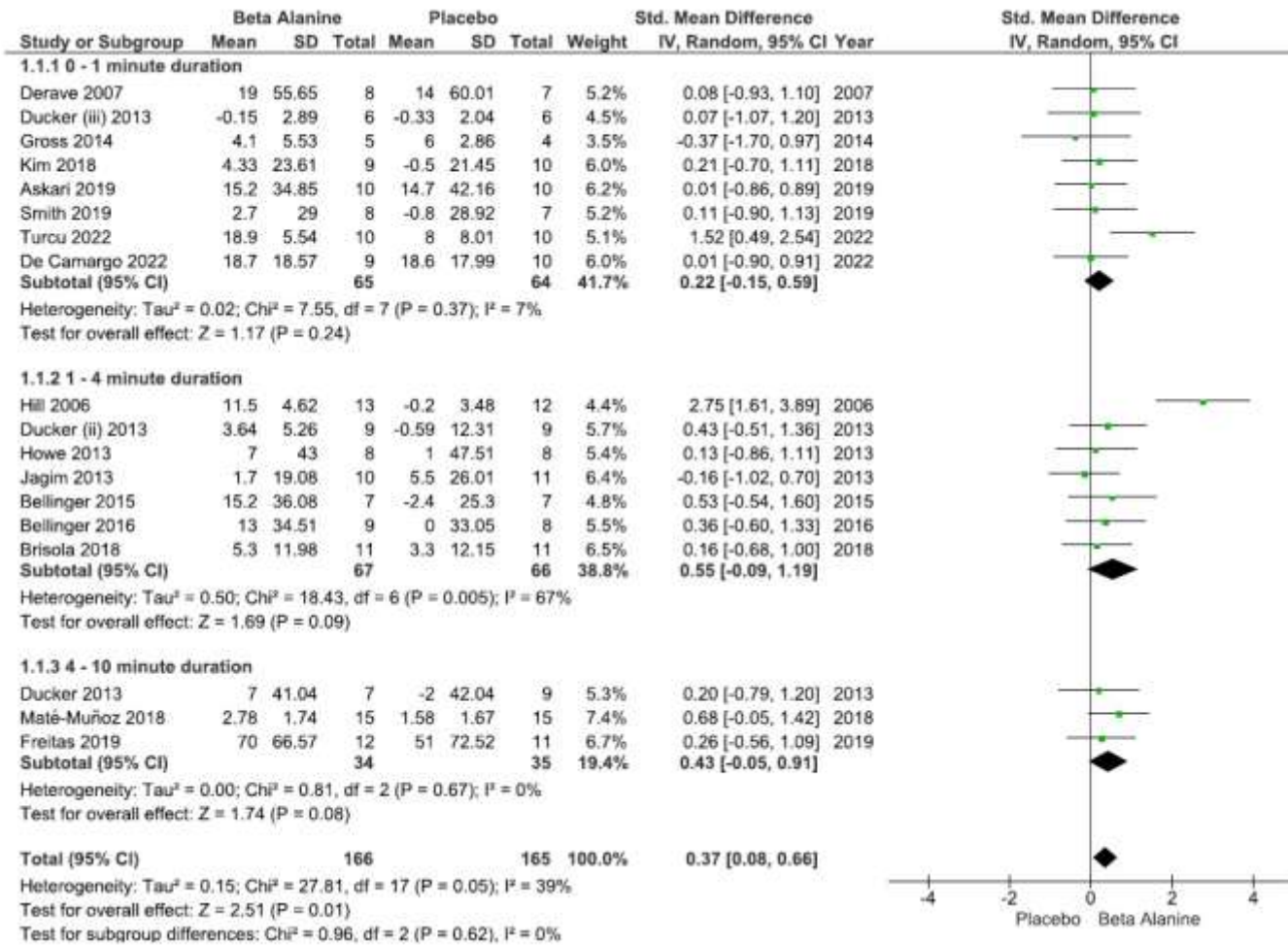


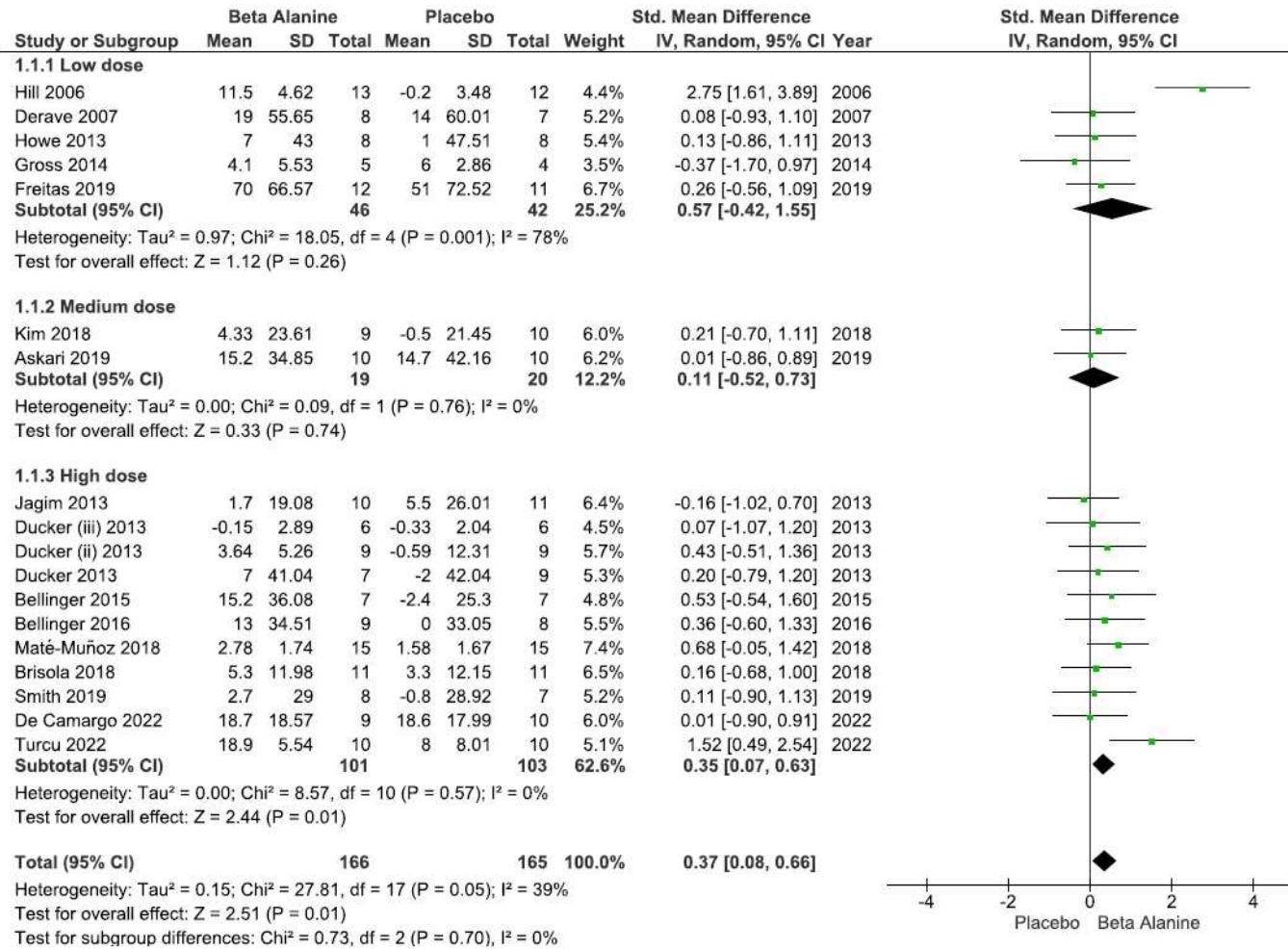
### Supplementary Materials



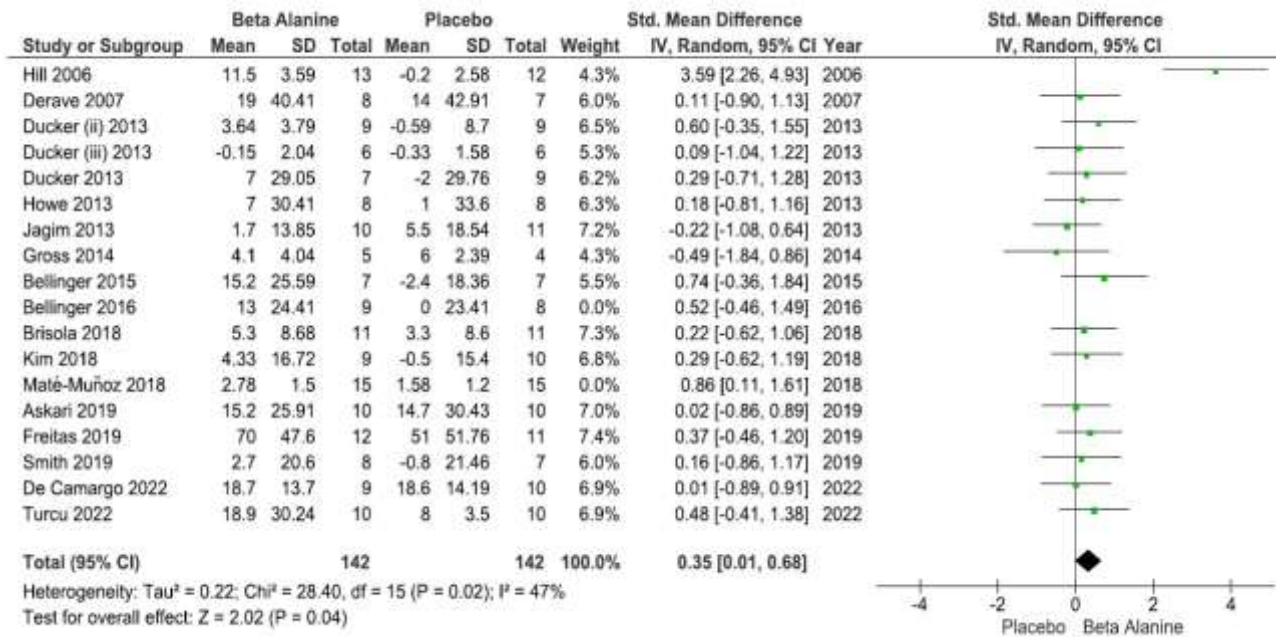
**Figure S1.** Forest plot comparing the effects of beta-alanine supplementation duration on maximum intensity exercise assuming  $r$  to be 0.5.



**Figure S2.** Forest plot comparing the effects of beta-alanine supplementation on test duration on maximum intensity exercise assuming  $r$  to be 0.5.



**Figure S3.** Forest plot comparing the effects of beta-alanine supplementation dosage on maximum intensity exercise assuming r to be 0.5.



**Figure S4.** Forest plot: Sensitivity test comparing the effects of beta-alanine supplementation duration on maximum intensity exercise. The two studies exhibiting the highest risk of bias from those included in the meta-analysis are omitted. These studies each showed some concerns in three domains of possible bias. Results remain statistically significant and changes are trivial.