

Supplementary Table 1. Methods for rapid weight reduction as reported by the athletes

Method	Placebo (times reported)	Glutamine (times reported)	<i>P</i> -value ^{a)}
Restricted food intake	10	7	0.2
Training with thermal suits	6	6	1.0
Increased exercise	4	5	1.0
Restricted fluid intake	2	4	0.6
Saunas	1	1	1.0

^{a)}Between groups Fischer exact test.