

Supplementary Data

Additional file

Table S1. Search equations for both databases.

Database	Search equation
PubMed	((((("dairy products"[Mesh] OR "dairy" OR "milk" OR "yogurt" OR "cheese" OR “kefir” OR “butter”) AND (“Exercise” [Mesh] OR “Training” OR “muscles” [Mesh] OR “muscle strength” [Mesh] OR “muscle fatigue” OR “Athletic Performance” [Mesh] OR “muscle recovery” OR “muscle function”)))) NOT (((((((((((((((("Mice"[Mesh]) OR "Rats"[Mesh]) OR "Animal Experimentation"[Mesh]) OR "Models, Animal"[Mesh])) OR ("rats" OR "mouse"))) OR "mice")) OR "rat")))))))) NOT breastfeeding
WOS	(Dairy product* OR Dairy OR Milk OR Yogurt OR Cheese OR Kefir OR Butter) AND (Exercis* OR Training OR Muscl* OR “Muscle strength” OR “Muscle Fatigue” OR “Athletic Performance” OR “Muscle Recovery” OR “Muscle Function”) NOT (Mice OR Rat* OR (Experiment* AND Animal*) OR (Research* AND Animal*) OR mouse OR (model* AND animal*)) NOT Breastfeeding

Mesh: Medical Subject Headings; WOS: Web of Science