

CORRECTION

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# Correction to: The effect of low dose marine protein hydrolysates on short-term recovery after high intensity performance cycling: a double-blinded crossover study

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**Correction to: J Int Soc Sports Nutr (2019) 16:48**  
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The original article [1] contains errors in Tables 1 and 3: Table 1 erroneously mentions use of a treadmill which should instead state 'bicycle', and Table 3 has a minor type-setting mistake.

The correct versions of both Tables can be viewed ahead in this Correction article.

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## Reference

1. Mjøs I, Thorsen E, Hausken T, Lied E, Nilsen RM, Brønstad I, et al. The effect of low dose marine protein hydrolysates on short-term recovery after high intensity performance cycling: a double-blinded crossover study. *J Int Soc Sports Nutr.* 2019;16:48. <https://doi.org/10.1186/s12970-019-0318-3>.

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**Table 1** Baseline characteristics of the participants and physiological responses to the incremental exercise test on bicycle

Characteristics (N = 14)	Mean
Age (years)	45.6 ± 5.3
Height (cm)	181 ± 4
Weight (kg)	80.1 ± 6.4
BMI (kg/m <sup>2</sup> )	24.5 ± 2.2
Muscle mass (kg)	37.7 ± 2.3
Fat mass (%)	16.6 ± 4.4
$\dot{V}O_{2max}$ (ml·min <sup>-1</sup> ·kg <sup>-1</sup> )	54.7 ± 4.1
Workload <sub>max</sub> (Watt)	422 ± 32
RER <sub>max</sub>	1.20 ± 0.10
$\dot{V}_{E_{max}}$ (L/min)	167 ± 16
Lactate <sub>max</sub> (mmol/L)	11.2 ± 1.4
HR <sub>max</sub> (bpm)	185 ± 8
Glucose <sub>max</sub> (mmol/L)	4.8 ± 1.1
Borg RPE <sub>max</sub> (median)	19

Data are presented as mean ± standard deviation (SD) unless otherwise stated. BMI: body mass index;  $\dot{V}O_{2max}$ : maximal oxygen uptake; RER: respiratory exchange ratio;  $\dot{V}_E$ : ventilation; HR: heart rate; RPE: rating of perceived exertion

**Table 3** Differences between morning minus afternoon cycling sessions for CHO-WP-MPH and CHO-WP and comparison of the diets

	<sup>a</sup> CHO-WP-MPH	<sup>a</sup> CHO-WP	Diff. CHO-WP-MPH versus CHO-WP		
	N = 14	N = 14	Mean <sub>diff</sub>	95% CI	p-value
	Mean <sub>diff</sub> ± SD	Mean <sub>diff</sub> ± SD			
<sup>b</sup> Time <sub>diff</sub> at 95% of $\dot{V}O_{2max}$ (min)	1.37 ± 2.03	0.52 ± 1.17	0.85	-0.37, 2.06	0.156
HR (bpm)	-0.9 ± 2.4	-1.7 ± 3.0	0.8	-0.9, 2.5	0.331
RER	-0.01 ± 0.03	-0.06 ± 0.21	-0.05	-0.07, 0.17	0.361
Lactate (mmol/L)	1.88 ± 0.83	2.12 ± 1.02	-0.24	-1.00, 0.53	0.511
Glucose (mmol/L)	0.78 ± 0.65	0.55 ± 0.73	0.23	-0.05, 0.51	0.094

Data are presented as mean values, standard deviations (SD), 95% confidence interval (CI), and P-value. Diff. CHO-WP-MPH versus CHO-WP: differences between morning and afternoon cycling sessions with ingestion of CHO-WP-MPH versus CHO-WP. <sup>a</sup> Five participants ingested CHO-WP-MPH and nine CHO-WP in the first intervention (phase II) and in the second intervention (phase III) nine participants ingested CHO-WP-MPH and five CHO-WP. <sup>b</sup> Time<sub>diff</sub> at 95% of  $\dot{V}O_{2max}$ : differences between cycling time in the morning and in the afternoon at 95% of  $\dot{V}O_{2max}$ . CHO, carbohydrate; WP, whey protein; MPH, marine protein hydrolysate; <sub>diff</sub>, difference; HR, Heart rate; bpm, beats pr. min; RER, respiratory exchange ratio