S1

		PLA	NRPT
P-Alanintransaminase (U/L)	Pre	28 ± 10	23 ± 8
	Day 0	29 ± 12	24 ± 11
P-Potassium (mmol/L)	Pre	4.1 ± 0.2	4.1 ± 1
	Day 0	4.1 ± 0.3	4.1 ± 0.2
P-Sodium (mmol/L)	Pre	140 ± 2	141 ± 2
	Day 0	140 ± 1	141 ± 2
P-Albumin (g/L)	Pre	41 ± 3	40 ± 2
	Day 0	40 ± 2	42 ± 3
P-Creatinine (µmol/L)	Pre	63 ± 11	66 ± 9
	Day 0	69 ± 13	70 ± 8
P-Urea (mmol/L)	Pre	5.8 ± 0.6	5.0 ± 1.2[#]
	Day 0	5.5 ± 0.9	4.8 ± 1.0[#]
Leukocytes (10^9/L)	Pre	5.3 ± 1.4	5.9 ± 1.6
	Day 0	5.5 ± 1.2	5.6 ± 1.9
Hemoglobin (mmol/L)	Pre	8.9 ± 0.5	8.5 ± 0.6
	Day 0	9.1 ± 0.7	8.9 ± 0.6
Thrombocytes (10^9/L)	Pre	240 ± 31	251 ± 69
	Day 0	252 ± 34	267 ± 84

S1: Blood biochemistry for safety evaluation.

Blood samples were obtained before enrollment (Pre) and 14 days after (Day 0) initiation of PLA or NRPT supplementation. P-Urea was significant different between groups at both Pre and Day 0. ([#] = group effect).

S2
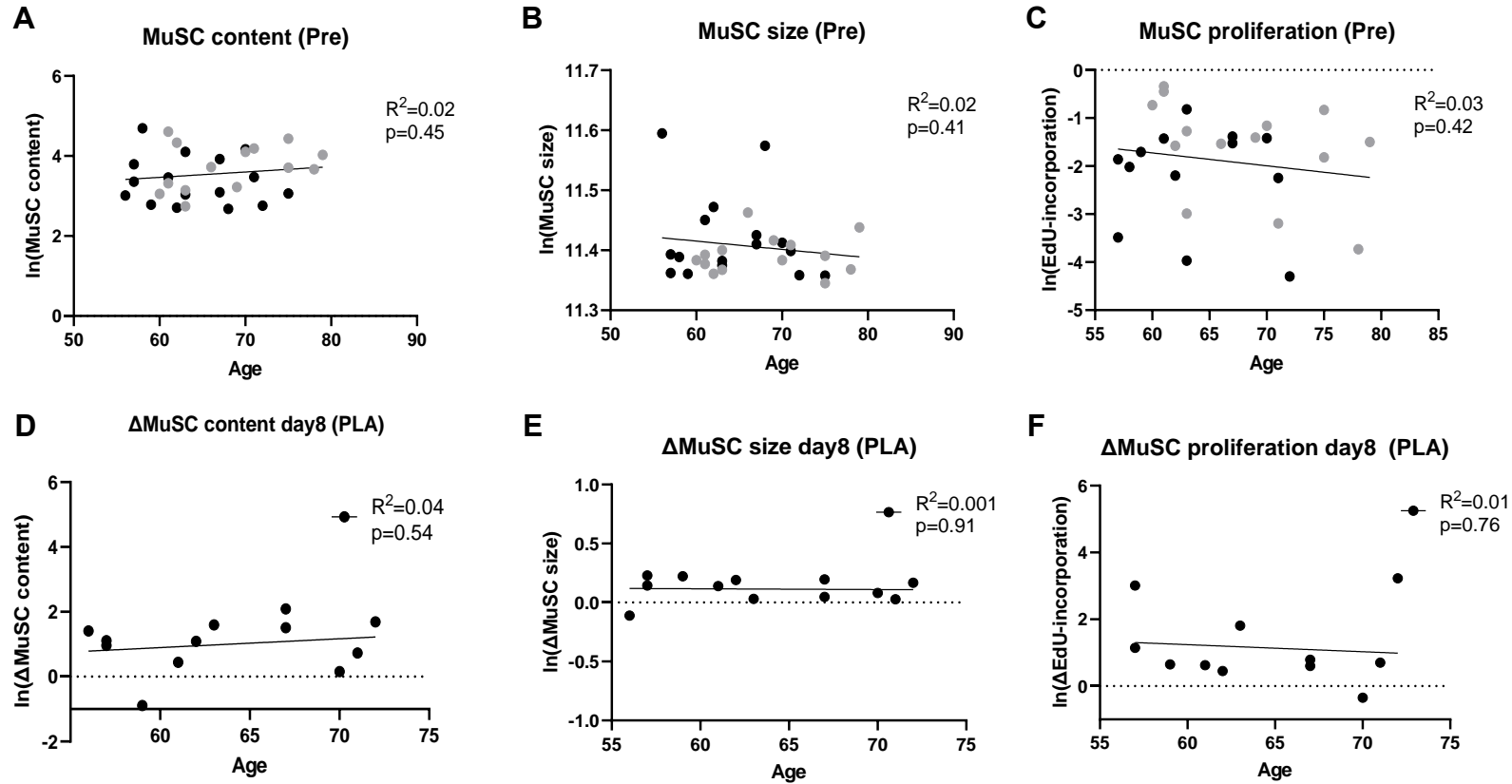
S2: Correlation between MuSC parameters and age

Correlation between age and MuSC content (A), size (B), and EdU-incorporation (C) from Pre biopsy. Correlation between age and change in MuSC content (D), size (E), and EdU-incorporation (F) from Pre to 8 days post injury in the placebo group.