

Table for *Gadomski, S.* The Effect of L-citrulline and Watermelon Juice on Anaerobic and Aerobic Exercise Performance.

	<b>VO<sub>2max</sub></b> <b>(mL·kg<sup>-1</sup>·min<sup>-1</sup>)</b>	<b>TE</b> <b>(min)</b>	<b>REPS</b>	<b>FMD</b> <b>(% change)</b>
<b>L-citrulline</b>	56 ± 8	9.5 ± 1.6	33 ± 11	1.12 ± 3.10
<b>Watermelon</b>	56 ± 9	9.4 ± 1.7	33 ± 10	0.50 ± 4.13
<b>Control</b>	55 ± 8	9.3 ± 1.7	32 ± 10	0.77 ± 4.21
	p = 0.58	p = 0.41	p = 0.51	p = 0.86