

Supplemental Figure 1. Flowchart (Consort diagram) of the breathing exercises study.

CONSORT Diagram endotoxemia study **Enrollment** Assessed for eligibility (n=55) Excluded (n=6) Personal reasons and/or scheduling (n=4) Prior participation in endotoxemia experiment (n=1) Medication use (n=1) Randomized (n=49) **Allocation** Allocated to control (CON, Allocated to cold exposure Allocated to breathing Allocated to bold exposure n=13). exercise without retention (CEX, n=12), and breathing without - Received allocated all participants received (BRT, n=12), retention (CBR, n=12), intervention (n=12) allocated intervention (n=12) all participants received all participants received Discontinuation because allocated intervention (n=12) allocated intervention (n=12) of scheduling reasons (n=1)Follow-Up Lost to follow-up (n=0) Lost to follow-up (n=0) Lost to follow-up (n=0) Lost to follow-up (n=0) Discontinued intervention Discontinued intervention Discontinued intervention Discontinued intervention (n=0)(n=0)(n=0)(n=0)**Analysis** Analysed (n=12) Analysed (n=12) Analysed (n=12) Analysed (n=12) Excluded from analysis (n=0) Excluded from analysis (n=0) Excluded from analysis (n=0) Excluded from analysis (n=0) **Analysis of NASQ parameters** n=12 n=12 n=12 n=12 Analysed (n=48)

Supplemental Figure 2. Flowchart (Consort diagram) of the endotoxemia study.