Supplementary File 2

Mean, standard deviation and 95% confidence intervals for white blood cell count, neutrophils, monocytes and lymphocytes in 18 recreationally active males prior to and following rest, low-intensity cycling or high-intensity cycling

Intensity	Time	Mean (giga•L^{-1})	Standard Deviation	95% Confidence Interval	
				Lower Bound	Upper Bound
White Blood Cell Count					
Rest	Pre	5.28	1.35	4.61	5.96
	Post	5.52	1.47	4.79	6.25
	1 h post$^{\beta_*}$	5.79	1.59	5.00	6.59
	2 h post$^{\beta_*}$	5.86	1.52	5.11	6.62
Low-intensity	Pre	5.06	1.20	4.46	5.66
	Post	4.97	1.29	4.33	5.62
	1 h post$^{**\beta_*}$	6.35	2.05	5.33	7.37
	2 h post$^{\beta\phi_*}$	6.84	2.08	5.80	7.87
High-Intensity	Pre	5.17	1.28	4.53	5.80
	Post	5.50	1.94	5.34	6.47
	1 h post$^{**\beta}$	8.06	2.74	6.70	9.42
	2 h post$^{\beta}$	9.58	2.70	8.24	10.92
Neutrophils					
Rest	Pre	3.06	1.05	2.54	3.59

	Post	3.25	1.25	2.63	3.87
	1 h post$^{\beta*}$	3.46	1.37	2.79	4.14
	2 h post*	3.49	1.33	2.83	4.15
Low-intensity	Pre	2.83	0.95	2.36	3.30
	Post	3.07	1.83	2.49	3.66
	1 h post$^{**\beta*}$	4.08	1.80	3.19	4.98
	2 h post$^{\beta\phi*}$	4.42	1.83	3.51	5.33
High- Intensity	Pre	2.96	0.90	2.51	3.41
	Post	3.38	1.49	2.64	4.12
	1 h post$^{**\beta}$	5.93	2.34	4.77	7.10
	2 h post$^{\beta}$	7.29	2.38	6.10	8.47
Monocytes					
Rest	Pre	0.45	0.13	0.39	0.52
	Post	0.46	0.14	0.39	0.52
	1 h post*	0.43	0.11	0.37	0.48
	2 h post$^{\beta*\Psi}$	0.41	0.13	0.34	0.47
Low-intensity	Pre	0.43	0.13	0.36	0.50
	Post	0.41	0.11	0.35	0.47
	1 h post$^{\beta*}$	0.45	0.14	0.38	0.52
	2 h post$^{\beta\phi*}$	0.46	0.13	0.40	0.53
High- Intensity	Pre	0.44	0.14	0.37	0.51
	Post	0.40	0.14	0.33	0.47

	1 h post$^{**\beta}$	0.51	0.19	0.41	0.60
	2 h post$^{\beta\Psi}$	0.57	0.20	0.47	0.67
Lymphocytes					
Rest	Pre	1.59	0.41	1.41	1.82
	Post*	1.64	0.39	1.39	1.69
	1 h post$^{*\beta}$	1.74	0.48	1.51	1.98
	2 h post$^{*\beta}$	1.79	0.44	1.57	2.01
Low-intensity	Pre	1.61	0.41	1.41	1.82
	Post	1.54	0.30	1.39	1.69
	1 h post$^{*\beta}$	1.65	0.30	1.50	1.80
	2 h post$^{*\beta}$	1.73	0.30	1.54	1.92
High- Intensity	Pre	1.51	0.37	1.32	1.69
	Post	1.50	0.35	1.33	1.68
	1 h post$^{**\beta}$	1.35	0.36	1.17	1.53
	2 h post $^{\Psi}$	1.46	0.39	1.26	1.66

White blood cell count (WBC) and neutrophils

β = Significantly greater than pre- and post-exercise (for all intensities aside from neutrophils where during rest 1 h is only significantly different than post);

ϕ = significantly different between rest and low-intensity exercise;

* = significantly less than high-intensity at the corresponding time point for both low-intensity and rest;

** = significantly less than 2 h (low- and high-intensity only)

Monocytes and lymphocytes

β = significantly different from post-exercise for all intensities (Monocytes: rest is only significant at 2 h, Lymphocytes: high-intensity is only significant at 1 h);

ϕ = significantly difference between rest and low-intensity exercise;

* = significantly less than high-intensity at the corresponding time point for both low-intensity and rest (Lymphocytes: at the post time point significance only occurred for rest vs. high-intensity);

** = significantly less than 2 h in the corresponding intensity (high-intensity only);

Ψ significantly different from than pre-exercise (Monocytes: rest and high-intensity only, Lymphocytes: rest only)

β = significantly greater than post-exercise within the corresponding intensity; ϕ = significantly greater than rest; * = significantly less than high-intensity at the corresponding time point; ** = significantly less than 2 h in the corresponding intensity; Ψ significantly different from than pre-exercise (rest and high-intensity only)