**Electronic Supplementary Material Captions**

**ESM Fig. 1** Plasma asprosin concentrations in recreationally active and trained oral contraceptive users (□) and non-oral contraceptive users (○) with dotted lines connecting individual data points. The bars represent means and error bars represent the standard deviation

**ESM Fig. 2** Plasma progesterone (**A**) and 17 β-Estradiol (**B**) concentrations in recreationally active and trained oral contraceptive users (□) and non-oral contraceptive users (○) with dotted lines connecting individual data points. Bars represent geometric means and error bars represent the 95% CI