

Table 1: Effects of euhydrated and hypohydrated heat acclimation protocols on plasma cortisol, interleukin-6 and C-reactive protein (median [IQR], n = 8).

	Euyhydrated Protocol (HAEu)						Dehydrated Protocol (HADe)					
	Pre Heat		Mid Heat		Post Heat		Pre Heat		Mid Heat		Post Heat	
	Acclimation		Acclimation		Acclimation		Acclimation		Acclimation		Acclimation	
	Pre Ex	Post Ex	Pre Ex	Post Ex	Pre Ex	Post Ex	Pre Ex	Post Ex	Pre Ex	Post Ex	Pre Ex	Post Ex
Cortisol (nmol·L ⁻¹)	114.0 [102.0]	150.8 [106.0]	80.8 [55.2]	71.6 [44.4]	92.5 [64.0]	77.4 [44.4]	100.0 [69.0]	133.0 [140.2]	91.6 [48.2]	62.7 [48.3]	94.5 [88.6]	56.3 [32.2]
IL-6 (pg·mL ⁻¹)	52.1 [3.7]	57.8 [15.2]	-	-	45.9 [13.9]	50.1 [14.8]	52.0 [10.4]	53.3 [8.9]	-	-	46.9 [9.9]	53.4 [8.9]
CRP (mg·L ⁻¹)	12.5 [23.5]	11.8 [17.3]	2.9 [4.1]	2.5 [3.8]	3.4 [12.0]	4.0 [8.5]	11.1 [25.0]	9.9 [32.0]	1.6 [4.8]	2.3 [3.7]	4.6 [5.0]	3.9 [8.4]