Tabela II - *Characteristics of the interventions of the studies*

Study	Groups sample (M/F)	% Dropout	Dosage (mg/day)	Volume X Repetitions	Intensity (% or RM)	Recovery interval (Seconds)	Weekly Frequency	Outcome Hypertrophy	Strength
Trappe *et al.* [19]	IBU: 13 (9/4)	N.R	1200	3 X 10	% 1RM (73 ± 1; 74 ± 1 for IBU e PLC)	120	3	CSA: ↑↑ (10.9%)	1RM: ↑↑ (27.9%)
	PLC: 12 (8/4)	N.R	1200					CSA: ↑ (8.6%)	1RM: ↑ (21%)
	ACT: 11 (7/4)	N.R	4000					CSA: ↑↑ (12.8%)	1RM: ↑↑ (26.7%)
Petersen *et al.* [18]	IBU: 11 (4/7)	8.3	1200	Wk: 1-7: 4 X 12 a 15; Wk: 8-12: 4-5 X 8	% 1RM (70 to 80%)	N.R	3	CSA_{10cm}: ↔ (4.4%) CSA_{20cm}: ↑ (5.7%)	ID_{iso}: ↑↑ (18%) ID_{con}: ↑↑ (12.7%) ID_{exc}: ↑↑ (18.8%) 5RMlg: ↑ (49.2%) 5RMke: ↑ (36.9%)
	PLC: 12 (5/7)	26	1200					CSA_{10cm}: ↔ (6.1%) CSA_{20cm}: ↑ (4.3%)	ID_{iso}: ↔ (18%) ID_{con}: ↔ (12.7%) ID_{exc}: ↔ (18.8%) 5RMlg: ↑ (53%) 5RMke: ↑ (58.5%)
	GLC: 12 (5/7)	0	1500					CSA_{10cm}: ↔ (6.3%) CSA_{20cm}: ↑ (4.8%)	ID_{iso}: ↑ (13.6%) ID_{con}: ↑ (11.6%)

										ID_{exc}: ↔ (2.4%) 5RMlp: ↑ (33.8%) 5RMke: ↑ (37.3%)
Candow et al. [28]	IBU: (0/15)	15	N.R	400	3 X 10	RM (10RM)	120	3	FFM: ↓ (2.8%) MTke: ↑ (9.1%) MTkf: ↔ (2%) MTee: ↔ (5.6%) MTef: ↔ (-3.2%) MTapf: ↑ (8.7%) MTad: ↑ (12.1%)	1RMlp: ↑ (21.7%) 1RMbp: ↑ (13%)
	PLC: (0/13)	13	N.R	400					FFM: ↓ (1.8%) MTke: ↑ (5.7%) MTkf: ↔ (-1.9%) MTee: ↔ (5.4%) MTef: ↔ (24%) MTapf: ↑ (11.9%) MTad: ↑ (3%)	1RMlp: ↑ (21.1%) 1RMsp: ↑ (24.5%)
Jankowski et al. [29]	IBUb: (19/32)	51	7.2	400	3 X 5 a 12	% 1RM (60 to 80%)	N.R	≥3	FFM: ↔ (0.8%)	N.R

Study	Group	n	Age	Dose	Training				Result 1	Result 2
	IBUa: (15/27)	42	22.20	400					FFM: ↔ (1.2%)	N.R
	PLC: (14/23)	37	N.R	440					FFM: ↔ (1.2%)	N.R
Duff et al. [31]	IBU: (0/23)	23	21.70	400	2 X 8 to 12	N.R	N.R	3	FFM: ↔ (0%)	1RMb: ↑ (22%) 1RMs: ↑ (129%)
	PLC: (0/22)	22	13.60	400					FFM: ↔ (2.3%)	1RMb: ↑ (25%) 1RMs: ↑ (88%)
	IBS: (0/23)	23	26.09	400					FFM: ↔ (0%)	1RMb: ↔ (0%) 1RMs: ↔ (13%)
	CON: (0/22)	22	31.82	0	Did not perform training				FFM: ↔ (0%)	1RMb: ↔ (13%) 1RMs: ↔ (15%)
Dideriksen et al. [30]	IBU: 8 (8/0)		N.R	1200	Wk 1: 3-4 X 12 Wk 2-4: 3-4 X 10; Wk 5-6: 3-4 X 8	RM Wk 1: 15RM Wk 2-4:12RM; Wk 5-6: 10RM	N.R	3	CSA: ↑ (5%)	MVIC: ↑ (11.8%)
	PLC: 11 (11/0)		N.R	1200					CSA: ↑ (1.4%)	MVIC: ↑ (5.2%)

1RMb = One repetition maximum in the biceps; 1RMbp = One repetition maximum in the bench press; 1RMle = One repetition maximum in the leg extension; 1RMlp = One repetition maximum in the leg press; 1RMs = One repetition maximum in the squat; 5RMke = Five repetition maximum in the leg extension; 5RMlp = Five repetition maximum in the leg press; 10 RM = Ten repetition maximum; 12RM = Twelve repetition maximum; 15RM = Fifteen repetition maximum; ACT = Acetaminophen; CSA = Cross-sectional area; CSA10cm = Cross-sectional area measured at 10 cm; CSA20cm = Cross-sectional area measured at 20 cm; FFM = Fat-free mass; GLC = Glucosamine; IBS = Ibuprofen and stretching; IBU = Ibuprofen; IBUa = Ibuprofen after training; IBUb = Ibuprofen before training; IDcon = Concentric evaluation on the isokinetic dynamometer; IDexc = Eccentric evaluation on the isokinetic dynamometer; IDiso = Isometric evaluation on the isokinetic dynamometer; MIVC = Maximum isometric voluntary contraction; MTad = Muscle thickness of the ankle dorsiflexors; MTapf = Muscle thickness of the ankle plantar-flexors; MTee = Muscle thickness of the elbow extensors; MTef = Muscle thickness of the elbow flexors; MTke = Muscle thickness of the knee extensors; MTkf = Muscle thickness of the knee flexors; N.R = Not reported; PLC = Placebo; RM = Repetition maximum; WK = Week; ↑ = Significant increase p > 0.05 in relation to the pre-moment; ↑↑ = Significant increase p > 0.05 in relation to the placebo group; ↓ = Significant reduction p > 0.05 in relation to the pre-moment; ↔ = No significant difference