

## Supplemental material: Search strategy

Database: MEDLINE (Ovid) < 1946 to May 17, 2021>

Search	Query	Records retrieved
#1	exp Phenylketonurias/ OR Phenylketonurias.mp. OR PKU.mp. OR Hyperphenylalanin?emia.mp. OR exp Phenylalanine Hydroxylase/ OR "Phenylalanine Hydroxylase".mp. OR "Phenylalanine Hydroxylase deficiency".mp.	8935
#2	exp Nutritional Status/ OR "nutritional status".mp. OR "protein status".mp. OR exp Muscle Proteins/ OR "muscle proteins".mp. OR "protein metabolism".mp. OR "muscle protein metabolism".mp. OR exp Body Composition/ OR "body composition".mp. OR exp Muscle Strength/ OR "muscle strength".mp. OR "muscle function".mp. OR exp Prealbumin/ OR prealbumin.mp. OR Transthyretin.mp. OR exp Albumins/ OR albumin.mp. OR "3-methylhistidine concentrations".mp. OR exp Retinol-Binding Proteins/ OR "retinol-binding protein".mp. OR "urea production".mp. OR exp Nitrogen/ OR nitrogen.mp. OR exp Creatinine/ OR creatinine.mp. OR "VO2max" OR exp Physical Exertion/ OR "physical exertion".mp. OR exp Exercise Test/ OR "exercise test".mp.	1093416
#3	#1 AND #2	<b>282</b>
Limit	English only	<b>255</b>