

Table S1. Descriptive statistics of biochemical variables collected. Units of measurements: protein carbonyls as nmol mg⁻¹ protein; uric acid as mg dl⁻¹ of plasma; carotenoids as µg ml⁻¹ of plasma; thiols as µmol l⁻¹ of -SH groups; hydroperoxides as mmol l⁻¹ of H₂O₂ equivalents; glutathione peroxidase as Units l⁻¹ of haemolysate; superoxide dismutase as U ml⁻¹ of haemolysate; catalase as U ml⁻¹ of haemolysate.

	Pre-Treatment value mean	Pre-Treatment value standard error	Post-Treatment value mean	Post-Treatment value standard error
	Protein carbonyls	Protein carbonyls	Protein carbonyls	Protein carbonyls
Control Flight	6.88	0.67	6.88	0.76
Mild Flight	8.25	1.00	7.94	1.26
High Flight	7.66	0.75	10.53	0.92
	Uric acid	Uric acid	Uric acid	Uric acid
Control Flight	12.85	0.67	9.01	0.44
Mild Flight	13.16	0.72	10.90	0.72
High Flight	12.40	0.64	11.73	0.68
	Carotenoids	Carotenoids	Carotenoids	Carotenoids
Control Flight	32.17	1.94	30.31	1.64
Mild Flight	29.62	2.04	28.05	1.80
High Flight	31.97	2.42	30.03	2.29
	Thiols	Thiols	Thiols	Thiols
Control Flight	20888.50	803.94	20525.79	884.79
Mild Flight	22014.07	995.83	21571.77	808.05
High Flight	24022.20	951.26	20453.60	832.13
	Hydroperoxides	Hydroperoxides	Hydroperoxides	Hydroperoxides
Control Flight	0.53	0.03	0.64	0.05
Mild Flight	0.50	0.03	0.66	0.05
High Flight	0.48	0.04	0.65	0.05
	Glutathione peroxidase	Glutathione peroxidase	Glutathione peroxidase	Glutathione peroxidase
Control Flight	1447.50	50.23	1551.45	52.31
Mild Flight	1517.38	54.92	1567.06	58.70
High Flight	1543.89	46.33	1554.25	46.18
	Superoxide dismutase	Superoxide dismutase	Superoxide dismutase	Superoxide dismutase
Control Flight	445.28	12.23	429.93	13.47
Mild Flight	447.06	14.01	442.74	12.47
High Flight	426.91	11.09	411.79	14.16
	Catalase	Catalase	Catalase	Catalase
Control Flight	429.10	60.04	410.61	56.10
Mild Flight	483.50	55.98	456.15	51.07
High Flight	417.39	32.41	413.33	39.96