**Introductory information:**

The original paper “Significant increase in prostaglandin E-major urinary metabolite with physical exercise suggesting muscle inflammation” is being made public for publications.

The raw data and statistics are described as supplementary data here (totally, four files with excel data).

Exercise Study 1 raw data and Statistics

Exercise Study 2 raw data and Statistics

**Purpose of the study:**

To see whether inflammation in muscles occurs during physical exercise, prostaglandin E-urinary metabolite (PGE-MUM), urinary L-type fatty acid-binding protein (L-FABP) and urinary total protein were compared before and after physical exercises.

**Methodological information:**

Exercise study 1: Void urine samples were obtained before and after playing soccer “mild exercise”.

Exercise study 2: Void urine samples were obtained before and after running “repeated mild exercise”.

All biomarkers were compared and statistically analyzed.

**Data specific information:**

All demanded data were included in the files.

**Sharing and Access information:**

CCO: Attribution-NonCommercial (CC BY NC)