**Supplementary Table 1: Overview of caffeine content per unit of beverage used.**

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| **Coffee** |  |
| * Caffeinated Coffee
 | 85 mg/cup |
| * Decaffeinated Coffee
 | 3 mg/cup |
| **Tea** |  |
| * Black Tea
 | 30 mg/cup |
| * Green Tea
 | 30 mg/cup |
| * Other Tea
 | 0 mg/cup |
| **Cola** |  |
| * Caffeinated Cola
 | 18 mg/glass |
| * Decaffeinated Cola
 | 0 mg/glass |
| **Energy drinks** | 80 mg/can |