

Supplementary Table S1. Transformation of mg of caffeine.

Drinks/food	Volume	Mg caffeine
Coffee*	1 cup 150 ml	100mg
Decaffeinated coffee*	1 cup 150 ml	2mg
Tea*	1 cup 150ml	39mg
Coke*	1 bottle 200ml	20mg
Energetic drinks‡	1 bottle 200ml	64mg
Chocolate without milk**	1 square 28g	23mg
Chocolate with milk**	1 square 28g	6mg

Adapted from: *Li et al., 2015; **Cnattingius *et al.*, 2000; ‡ <http://energydrink-es.redbull.com/cafeina-en-red-bull>