

Supplementary Table S1. Transformation of mg of caffeine.

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

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