

Supplementary material

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Table S1: Peripheral blood pressure, central blood pressure, electrocardiography and echocardiography parameters changes after energy drink and placebo consumption.

Parameter	Time	Energy drink		Placebo		P value*
		Mean	SD	Mean	SD	
Peripheral blood pressure						
Peripheral SBP (mmHg)	Baseline	119.44	12.58	116.83	14.49	0.67
	15 minutes from baseline	122.56	7.81	117.67	13.17	0.11
	30 minutes from baseline	118.5	17.64	119	19.53	0.69
	75 minutes from baseline	125.11 [^]	26.06	116.5 [^]	13.72	<0.001
Peripheral DBP (mmHg)	Baseline	73.50	11.38	74.06	8.43	0.87
	15 minutes from baseline	78.28 [#]	9.10	72.5 [#]	8.99	0.006
	30 minutes from baseline	74.11	10.37	73.89	9.41	0.91
	75 minutes from baseline	77.72	8.61	74.89	9.07	0.15
Peripheral HR (bpm)	Baseline	70.17	9.80	67.94	11.19	0.53
	15 minutes from baseline	69.5	8.28	69.22	10.68	0.89
	30 minutes from baseline	71.06	8.95	70.5	9.18	0.77
	75 minutes from baseline	68.06	9.49	67.78	11.24	0.90
Central blood pressure and pulse wave velocity						
SBPC (mmHg)	Baseline	107.83	13.23	105.50	12.71	0.59
	After consumption	115.61	12.09	109.22	15.39	0.22
DBPC (mmHg)	Baseline	73.89	11.92	69.83	10.38	0.28
	After consumption	78.11	10.13	75.11	10.27	0.16
PWV (m/s)	Baseline	5.81	1.20	5.76	0.97	0.90
	After consumption	6.36	1.26	5.96	0.99	0.09
Electrocardiography						
P (ms)	Baseline	120.06	12.36	118.94	13.61	0.79
	After consumption	115.39	13.89	117.72	13.71	0.60
PQ (ms)	Baseline	154.56	16.83	154.83	20.70	0.96
	After consumption	156.17	17.84	156.11	18.98	0.99

QRS (ms)	Baseline	119.22	15.64	114.67	15.67	0.96
	After consumption	114.28	17.43	119.66	14.6	0.38
QT (ms)	Baseline	398.06	32.27	393.56	25.33	0.64
	After consumption	403.39	29.76	406.89	28.41	0.53
QTc (BAZ) (ms)	Baseline	424.06	22.92	423.67	25.36	0.96
	After consumption	410.89	20.54	416.22	25.91	0.44
Echocardiography						
LVEDV (ml)	Baseline	104.47	26.56	98.72	23.65	0.41
	After consumption	104.53	30.39	104.39	27.46	0.56
LVESV (ml)	Baseline	41.63	11.86	42.44	13.08	0.97
	After consumption	41.21	13.19	44.78	11.59	0.27
LV GLS (%)	Baseline	-20.17	2.05	-19.94	1.72	0.71
	After consumption	-20.61	2.48	-20.01	2.01	0.47
CO (l/min)	Baseline	5.24	1.07	5.00	0.92	0.33
	After consumption	5.09	0.88	4.84	1.2	0.87
LAVI (ml/m ²)	Baseline	26.04	3.44	25.25	3.61	0.61
	After consumption	25.60	4.11	25.22	3.27	0.66
LVSV (ml)	Baseline	73.94	13.82	77.05	16.41	0.53
	After consumption	71.17	14.5	78.89	16.4	0.27
E/e'	Baseline	5.45	0.74	5.56	0.83	0.67
	After consumption	5.32	0.85	5.46	1.01	0.69

Abbreviations: CO: Cardiac output; DBP: Diastolic blood pressure; DBPC: Central diastolic blood pressure; HR: Heart rate; LAVI: Left atrial volume index; LV GLS: Left ventricular global longitudinal strain; LVEDV: Left ventricular end diastolic volume; LVESV: Left ventricular end systolic volume; LVSV: Left ventricle stroke volume; P: P wave duration; PQ: PQ interval duration; PWV: Pulse wave velocity; QRS: QRS complex duration; QT: QT interval duration; QTc (BAZ): Corrected QT interval - calculated by Bazett's formula; SBP: systolic blood pressure; SBPC: Central systolic blood pressure;

**P*-value as a result of paired and unpaired T-test

[^]*P*=0.03 vs baseline as a result of paired T-test

[#]*P*=0.03 vs baseline