**Participant Flow**

Assessed for eligibility in the study (n=26)

Excluded (n=2): did not meet study inclusion criteria

24 subjects included from our local University student population and their friends

(12 men and 12 women, 23.3 ± 0.2 years)

4 separate experimental sessions (each session separated at least by 2 days according to a randomized crossover study)

Power analysis to determine the number of subjects to include in the study

**Baseline characteristics**

|  |  |  |
| --- | --- | --- |
|  | Men | Women |
| Age (years) | 23±1 | 24±1 |
| Height (cm) | 177±2 | 162±2 |
| Weight (kg) | 70±3 | 56±1 |
| Body mass index (kg.m-²) | 22.3±0.7 | 21.2±0.4 |

Baseline hemodynamic and cutaneous data recorded prior to drink ingestion

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Water only | | | Sugar | | Vodka | | Vodka + Sugar | |
| **Primary outcome** |  | |  |  |  |  |  |  |  |
| Mean blood pressure (mmHg) | 79 | | ± 2 | 79 | ± 2 | 81 | ± 1 | 79 | ± 2 |
| **Secondary outcomes** | 70 | | ± 2 | 70 | ± 1 | 69 | ± 2 | 70 | ± 1 |
| Total peripheral resistance  (mmHg.L-1.min) | | 15.6 | ± 0.4 | 16.3 | ± 0.5 | 16.7 | ± 0.4 | 15.7 | ± 0.4 |
| Hand temperature (deg) | 35.3 | | ± 0.3 | 35.2 | ± 0.3 | 35.0 | ± 0.5 | 35.0 | ± 0.3 |

**Outcome measures**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcomes** | | **Condition** | **Timepoint measurements post-ingestion** | | | | |
| 0-10min | 10-20min | 20-40min | 40-60min | 100-120min |
| Primary outcome | Mean blood pressure (mmHg) | Water | 84±1 | 86±1 | 84±1 | 83±1 | 83±1 |
| Sugar | 82±1 | 84±1 | 83±1 | 82±1 | 83±1 |
| Vodka | 89±1 | 89±1 | 84±1 | 82±1 | 82±1 |
| Vodka+Sugar | 84±1 | 83±1 | 81±1 | 78±1 | 78±1 |
| Secondary outcome 1 | Total peripheral resistance (mmHg.L-1.min) | Water | 17.6±0.4 | 18.0±0.4 | 17.3±0.3 | 16.7±0.4 | 16.7±0.4 |
| Sugar | 16.8±0.4 | 17.0±0.4 | 16.3±0.4 | 15.8±0.4 | 16.9±0.3 |
| Vodka | 20.0±0.5 | 19.4±0.4 | 17.8±0.2 | 17.1±0.2 | 16.7±0.2 |
| Vodka+Sugar | 17.3±0.5 | 16.2±0.4 | 15.1±0.2 | 13.9±0.2 | 14.5±0.3 |
| Secondary outcome 2 | Hand temperature (°C) | Water | 33.6±0.3 | 32.6±0.3 | 31.9±0.4 | 31.9±0.4 | 32.2±0.6 |
| Sugar | 33.9±0.2 | 32.9±0.2 | 32.3±0.3 | 32.2±0.4 | 33.4±0.4 |
| Vodka | 33.6±0.2 | 33.1±0.3 | 34.5±0.3 | 35.4±0.4 | 34.3±0.4 |
| Vodka+Sugar | 33.6±0.2 | 33.5±0.3 | 35.9±0.3 | 36.4±0.3 | 36.0±0.4 |

TPR: Total peripheral resistance

**Adverse events**

There were no adverse events associated with this study.