

Supplementary 2. Nutritional information for low-flavanol and high-flavanol cocoa drinks

	Low-flavanol cocoa drink	High-flavanol cocoa drink
Ingredients		
Cocoa powder (g)	18	18
Rice milk (ml)	200	200
Sugar (g)	6.5	6.5
Caffeine (mg)	59.4	59.4
Theobromine (mg)	283	283
Macronutrient composition		
	Quantity (% of total calorie)	Quantity (% of total calorie)
Calories (kcal)	192	177
Carbohydrate (g)	37.5 (78)	28.9 (65)
Fat (g)	3.0 (14)	4.0 (20)
Protein (g)	1.2 (3)	4.2 (9)
Cocoa Flavanols		
	mg/g	mg/g
Catechins	0.99	8.00
DP2	0.03	0.73
DP3	0.00	0.59
DP4	0.00	0.58
DP5	0.00	0.36
DP6	0.00	0.26
DP7	0.00	0.19
DP8	0.00	0.09
Total Flavanols	1.02	10.79

DP, Procyanidin oligomers. Rice milk was Alpro brand.