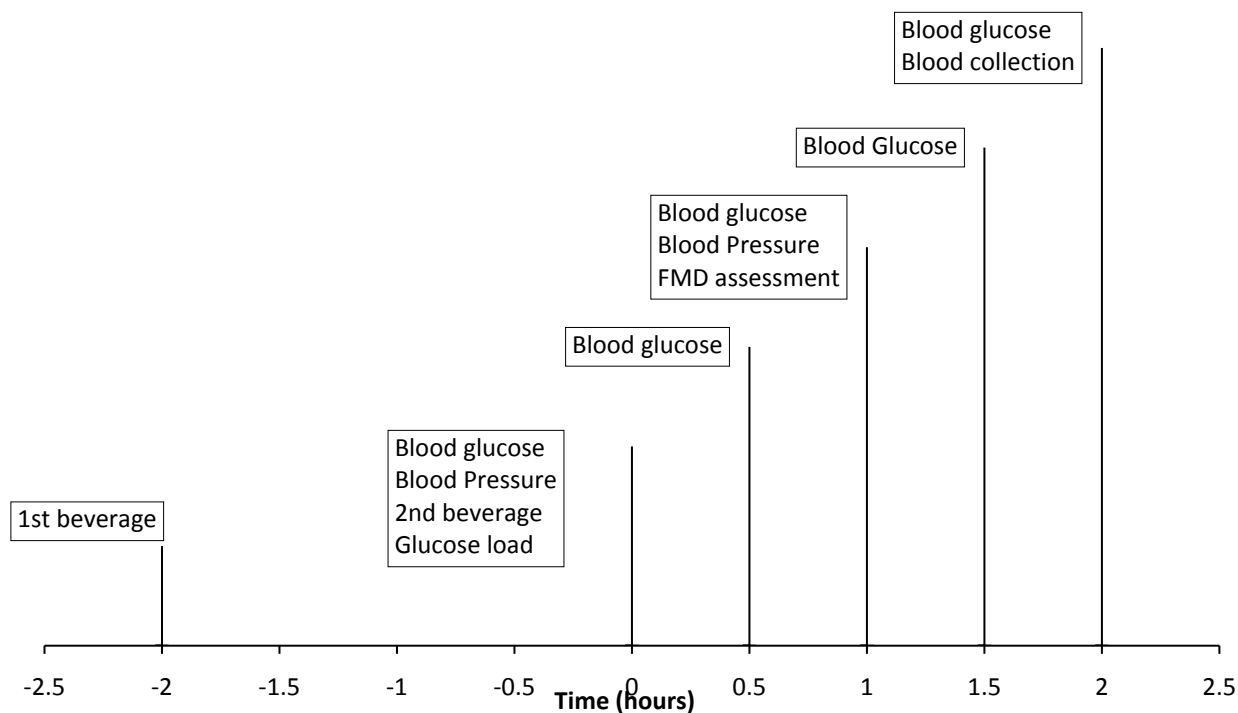


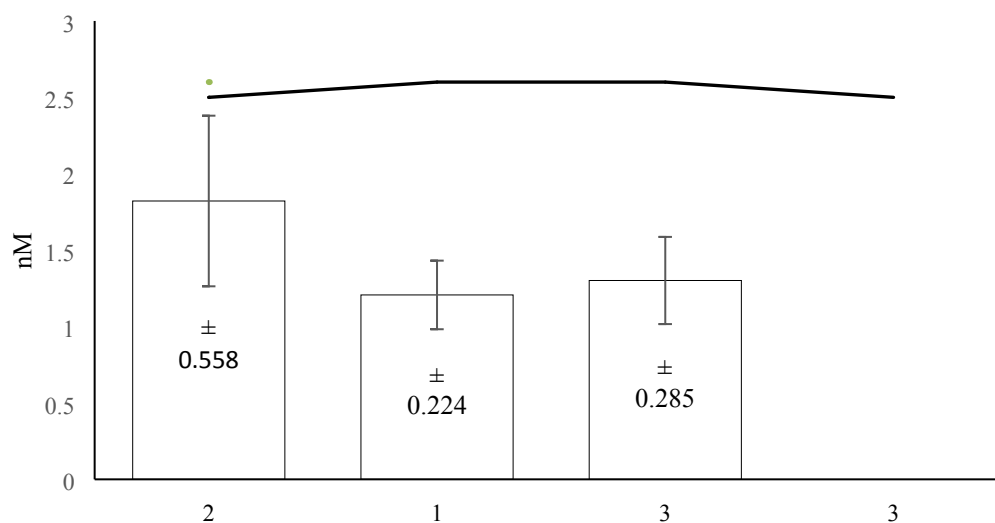
## Supplementary data

### Data collection timeline

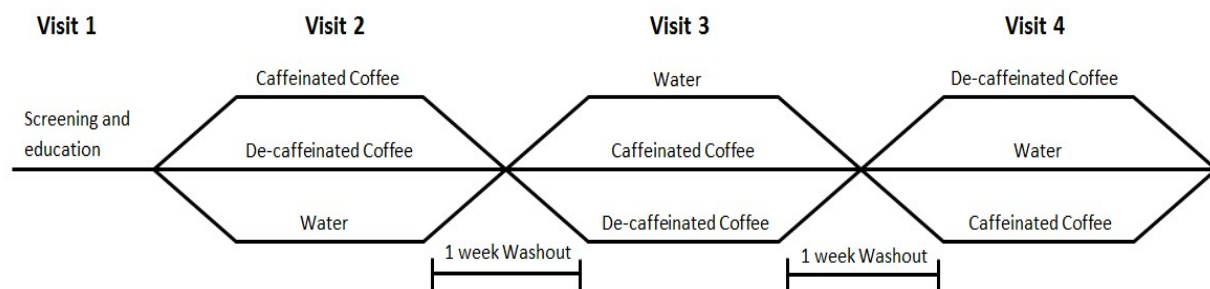


**Figure 1.** Timeline of participant data collection. Time in hours where time 0 represents the participants arriving at the research facility and time -2 represents 2 hours prior to the participants arriving to the facility.

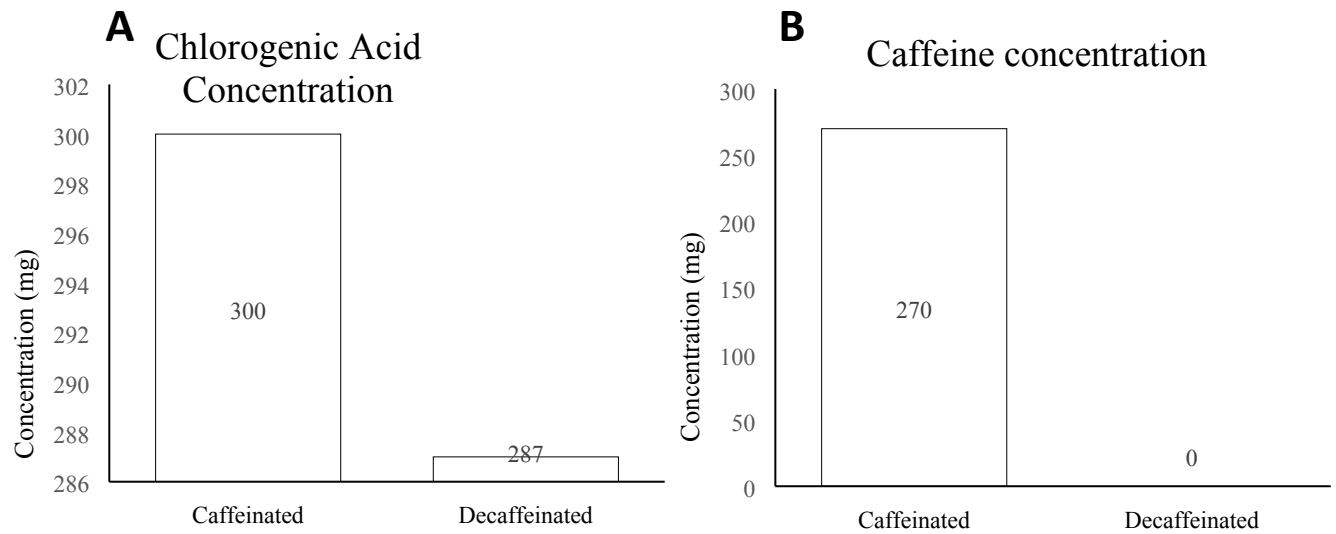
### Plasma 5-CGA Concentration



**Figure 2.** Mean plasma 5-CGA concentration taken at 2 hours post consumption of second beverage and measured with LC/MS and displayed in nM. There was no significant difference between caffeinated, decaffeinated or water groups (N.S = not significant).



**Figure 3.** A schematic providing an example for the cross-over study design. The treatment beverage of each visit is randomised to each individual participant



**Figure 4.** Figure 4A Chlorogenic acid concentration (milligrams, mg) of both caffeinated and decaffeinated coffee calculated with HPLC. No significant difference between groups. Figure 4B caffeine concentration (milligrams, mg) of both caffeinated and decaffeinated ground coffee calculated using HPLC. No caffeine was detected in the decaffeinated coffee.