

Supplemental Table 1. Cognitive tasks completed at each assessment in order of presentation

Task	Descriptor	Scoring
Word presentation	A series of words is displayed on the screen, one word at a time. In this case, 15 words were presented with a display time of 1 second and inter-stimulus interval of 1 second.	-
Immediate word recall	Participants are instructed to write down the words that were presented. In this case, 60 seconds were given to complete the task.	Number correct and number of errors
Picture presentation	A series of photographic images are displayed on the screen, one at a time. In this case, 15 images were presented with a display time of 2 seconds and an inter-stimulus interval of 1 second.	-
Serial 3 subtractions	Participants are required to count backwards in threes from a given number as quickly and as accurately as possible using the computer keyboard linear number keys to enter each response. A random starting number between 800 and 999 is presented on the computer screen, which is cleared by the entry of the first response. The duration of this task is 2 minutes	
Serial 7 subtractions	As above, counting backwards in sevens.	
Rapid visual information processing	A continuous series of single digits are presented in the center of the screen at the rate of 100 per minute. Participants are required to make a response when three consecutive	Accuracy (%), reaction time for the correct

	odd or three consecutive even digits are displayed. The duration of this task is 5 minutes, with 8 correct target strings presented in each minute.	responses (ms) and false alarms (number)
Stroop task	<p>In this computerized version of the classic task, words describing one of four colors ('RED', 'YELLOW', 'GREEN', and 'BLUE') are presented in different coloured fonts in the centre of the computer screen. The participant presses one of four coloured response buttons in order to identify the font colour (e.g. if the word 'GREEN' was presented in a blue font, the correct response would be to respond with the blue button). The presented words are either 'congruent' (word and font were the same colour) or 'incongruent' (word and font were different colours) and are presented in a random order.</p>	Accuracy (%), reaction time for the correct responses (ms)
Peg and ball task	<p>In this computerized version of the executive function task two configurations of three coloured balls (blue, green, and red) on three pegs that each hold a maximum of three balls are presented on screen. The participants have to rearrange the balls, moving one ball at a time, from the starting configuration so that they match the position of the balls in the goal configuration. Participants randomly complete five trials at each level, which can be solved in 3, 4, and 5 moves respectively.</p>	Each trial generates scores for planning times prior to moving (ms), time to complete (ms) and errors (number).

Delayed word recall	Participants are instructed to write down the words that were presented to them at the beginning of the assessment. In this case, 60 seconds were given to complete the task	Number correct and number of errors
Delayed word recognition	All target words that were shown during Word presentation plus an equal number of decoys are displayed on the screen one at a time. Participants indicate if they remember seeing the word earlier or not.	Accuracy (%) and reaction time for the correct responses (ms)
Delayed picture recognition	All target pictures shown during Picture presentation plus an equal number of decoys are displayed on the screen one at a time. Participants indicate if they remember seeing the picture earlier or not.	Accuracy (%) and reaction time for the correct responses (ms)

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Supplemental Table 2. Cognitive Demand Battery. Means and standard deviations (SD) are presented.

			<u>Baseline</u>		<u>60 min p.d.</u>		<u>180 min p.d.</u>		<u>360 min p.d.</u>			
	<b>Treatment</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>		
Repetition 1	Placebo	32	54.81	23.28	56.37	24.56	58.69	24.31	56.25	24.32		
	Blueberry		53.84	24.38	58.03	24.58	60.56	25.16	56.53	23.68		
	Apple		51.69	20.30	57.34	23.69	57.37	22.14	54.88	22.86		
	Coffee berry		54.16	24.48	57.12	24.46	59.97	23.09	55.31	21.16		
Repetition 2	Placebo		51.91	25.16	54.38	25.81	56.19	24.49	53.34	24.19		
	Blueberry		53.91	25.56	54.28	26.27	58.09	24.71	52.47	21.73		
	Apple		51.53	22.14	50.69	22.37	56.16	22.33	50.75	21.60		
	Coffee berry		51.78	22.63	55.00	23.86	56.81	23.32	52.65	21.94		
Serial 3 subtractions												
Total (number) <sup>1</sup>	Repetition 3		50.84	25.02	55.22	26.98	54.19	24.13	50.50	23.79		
	Blueberry		52.06	25.60	53.47	25.52	55.62	25.37	51.22	25.14		
	Apple		50.84	21.71	53.19	23.77	52.84	21.97	49.75	24.27		
	Coffee berry		49.47	24.07	55.94	24.03	55.22	23.84	51.69	24.52		
Repetition 4	Placebo		51.06	25.47	52.16	23.35	53.84	25.18	52.81	24.48		
	Blueberry		51.32	24.58	53.16	25.11	55.56	26.91	54.41	24.69		
	Apple		48.59	21.23	53.44	24.40	54.84	23.15	52.48	23.14		
	Coffee berry		52.31	24.70	56.78	25.50	57.06	24.49	52.41	22.15		
Serial 3 subtractions	Repetition 1	Placebo	32	1.06	1.08	2.44	2.69	2.09	2.32	1.50	1.78	

P.d.,  
post dose;  
RVIP, rapid  
visual  
information  
processing

Errors (number) <sup>1</sup>	Blueberry	1.87	1.56	2.75	2.26	1.69	1.87	1.50	1.72
	Apple	1.44	1.63	2.19	2.55	2.13	2.20	1.56	1.74
	Coffee berry	1.53	1.83	2.78	2.59	1.31	1.55	1.66	1.62
	Repetition 2 Placebo	2.06	1.92	2.28	2.69	1.50	1.55	1.66	2.10
Repetition 2	Blueberry	1.66	1.94	2.69	2.49	2.16	1.90	2.31	2.46
	Apple	1.94	1.95	2.41	2.60	1.72	1.76	1.69	1.84
	Coffee berry	1.41	2.01	1.42	1.67	1.78	2.20	2.13	2.06
	Repetition 3 Placebo	2.66	2.59	2.28	2.67	2.13	2.52	2.41	1.85
Repetition 3	Blueberry	3.16	2.74	3.00	2.98	2.44	2.34	2.44	2.34
	Apple	2.09	2.33	2.84	2.84	2.22	2.30	2.19	2.32
	Coffee berry	2.19	1.97	2.23	2.08	2.09	1.91	2.16	2.33
	Repetition 4 Placebo	3.00	3.07	2.78	3.58	2.00	2.53	1.97	2.66
Repetition 4	Blueberry	2.23	2.17	2.66	2.31	1.47	1.78	2.06	2.27
	Apple	2.56	3.05	2.88	3.29	1.81	2.05	2.71	2.66
	Coffee berry	2.44	2.20	2.13	2.32	1.88	2.24	2.22	2.41
	Repetition 1 Placebo	32	33.28	17.45	36.59	18.56	36.81	19.18	36.31
Serial 7 subtractions	Blueberry	33.63	17.57	37.25	18.67	39.47	17.61	35.94	16.50
	Apple	31.81	14.81	34.84	14.43	35.78	15.98	33.47	15.30
	Coffee berry	32.97	16.19	36.47	16.90	37.59	18.94	36.22	17.96
Total (number) <sup>1</sup>	Repetition 2 Placebo	33.84	18.82	35.59	16.62	36.47	18.59	34.37	16.91

			Blueberry	34.19	18.18	35.38	18.58	36.97	17.16	34.66	16.88
			Apple	32.34	15.12	33.13	15.56	35.28	15.43	33.19	15.56
			Coffee berry	32.75	17.83	36.50	17.70	36.16	17.85	35.70	18.22
	Repetition 3		Placebo	33.75	18.73	35.44	17.73	36.03	18.53	34.44	15.85
			Blueberry	34.63	18.72	38.14	19.31	37.19	18.53	35.48	16.31
			Apple	32.31	15.23	31.69	14.96	35.09	15.83	31.70	15.74
			Coffee berry	31.78	16.34	36.37	18.13	34.91	17.07	34.61	17.41
	Repetition 4		Placebo	33.84	17.59	34.81	16.31	35.58	18.78	36.68	17.23
			Blueberry	35.28	17.72	35.34	17.38	36.41	17.83	36.28	16.72
			Apple	32.97	14.52	34.25	15.26	35.84	15.20	33.88	15.57
			Coffee berry	33.26	17.29	35.90	15.82	37.13	17.68	35.94	16.92
	Repetition 1	32	Placebo	1.09	1.40	1.31	1.40	1.87	2.04	1.75	2.05
			Blueberry	1.66	1.58	2.34	2.15	1.88	2.08	2.00	2.02
			Apple	1.50	1.52	2.41	1.72	2.00	1.85	1.75	1.72
			Coffee berry	2.31	1.64	1.84	1.53	2.03	1.93	1.78	2.01
Serial 7 subtractions	Repetition 2		Placebo	2.16	2.22	2.41	1.98	1.72	1.94	1.97	1.99
Errors (number) <sup>1</sup>			Blueberry	1.81	1.73	2.56	2.00	2.16	1.94	1.81	1.93
			Apple	1.91	1.92	2.28	2.58	1.87	1.54	2.39	2.29
			Coffee berry	2.63	1.79	2.59	2.38	2.16	2.52	2.23	1.92
	Repetition 3		Placebo	2.31	2.46	2.78	2.61	2.31	2.09	2.75	2.57

			Blueberry	2.75	2.16	3.03	2.99	2.34	2.44	2.39	1.76
			Apple	2.28	2.11	3.41	2.84	2.28	2.02	2.47	1.78
			Coffee berry	2.53	2.53	1.77	1.63	3.16	2.99	2.35	2.11
	Repetition 4		Placebo	3.23	2.53	2.29	1.79	2.45	2.58	2.13	1.73
			Blueberry	2.97	2.16	2.84	2.19	2.94	2.40	2.81	2.75
			Apple	2.65	1.80	3.09	2.32	2.28	2.05	2.50	2.14
			Coffee berry	2.42	2.03	2.61	2.60	2.06	2.11	2.34	1.94
	Repetition 1	32	Placebo	59.90	20.87	58.75	22.61	61.00	19.34	57.80	18.73
			Blueberry	62.12	20.40	59.62	21.50	60.10	22.43	60.96	22.10
			Apple	63.75	18.86	59.42	20.45	61.44	17.50	55.96	17.93
			Coffee berry	59.42	18.78	58.37	20.06	62.00	18.83	58.65	19.93
	Repetition 2		Placebo	57.69	22.16	53.08	22.53	53.60	20.76	52.12	18.01
			Blueberry	58.75	19.36	56.60	20.87	57.40	18.62	54.52	17.99
			Apple	60.48	17.89	55.19	19.01	54.13	17.82	50.31	16.78
			Coffee berry	56.50	18.87	58.70	20.20	55.90	18.85	55.21	20.48
	Repetition 3		Placebo	55.96	21.48	57.28	20.28	51.80	19.77	54.10	19.24
			Blueberry	58.02	21.14	56.35	20.53	54.10	20.85	51.83	20.68
			Apple	56.44	18.91	53.70	18.65	53.08	21.74	49.69	16.07
			Coffee berry	54.30	21.21	54.42	19.73	55.70	18.70	54.40	21.42
	Repetition 4		Placebo	53.75	17.88	51.44	22.32	57.39	16.45	53.37	20.77

RVIP

% correct<sup>1</sup>

			Blueberry	56.67	19.80	54.62	19.49	54.50	19.62	56.35	18.44
			Apple	53.94	19.15	54.81	20.37	52.80	19.41	49.69	17.90
			Coffee berry	52.20	19.30	55.00	19.01	54.23	21.42	52.60	18.06
	Repetition 1	Placebo	32	486.88	47.68	479.64	55.16	472.66	51.92	465.91	58.37
			Blueberry	482.91	66.20	472.78	51.47	477.25	52.52	464.06	46.93
			Apple	473.42	44.37	479.69	47.80	469.56	49.01	460.96	52.78
			Coffee berry	480.88	52.05	465.28	47.71	470.77	50.95	472.36	43.57
	Repetition 2	Placebo		493.34	60.76	478.94	57.74	482.99	50.82	477.15	47.02
			Blueberry	493.72	64.15	480.56	59.60	485.48	59.31	484.16	55.86
			Apple	483.72	48.04	488.25	51.20	473.92	51.60	475.41	59.16
			Coffee berry	491.04	49.84	468.65	50.80	471.05	54.40	474.65	62.98
RVIP	Repetition 3	Placebo		484.74	48.54	480.57	52.68	478.88	41.97	480.17	58.79
			Blueberry	486.35	65.05	490.00	60.71	484.73	55.29	484.21	47.54
			Apple	481.74	37.06	472.00	44.30	484.01	68.44	480.28	61.11
			Coffee berry	488.79	44.64	484.82	56.62	470.70	54.06	474.95	48.86
	Repetition 4	Placebo		485.05	47.17	474.20	53.79	477.93	43.68	471.38	51.75
			Blueberry	483.90	60.94	494.32	70.83	475.42	50.53	472.12	50.79
			Apple	484.56	45.74	485.81	48.27	473.53	53.41	489.63	59.71
			Coffee berry	483.58	55.61	481.46	53.89	474.97	57.56	479.34	61.93
Alertness <sup>1</sup>	Repetition 1	Placebo	31	45.09	17.22	45.31	17.47	45.31	17.26	43.81	18.22





	Blueberry	49.66	20.19	56.75	18.48	53.47	20.91	61.84	16.83
	Apple	43.03	19.99	50.66	18.81	45.97	21.22	53.06	20.66
	Coffee berry	48.69	20.84	46.72	21.93	51.81	22.11	60.31	20.59
Repetition 3	Placebo	51.47	23.61	56.59	19.17	57.94	19.27	61.31	21.96
	Blueberry	53.81	22.71	55.44	19.87	53.84	24.28	64.31	18.17
	Apple	49.59	21.83	54.75	19.19	46.19	22.96	60.47	18.91
	Coffee berry	55.31	22.47	47.41	21.77	53.72	23.42	62.03	19.50
Repetition 4	Placebo	56.03	23.48	60.81	19.55	58.97	22.46	61.13	22.71
	Blueberry	57.34	23.04	56.41	20.43	56.37	24.40	64.56	19.29
	Apple	51.59	21.17	57.75	19.70	50.78	23.65	59.69	18.42
	Coffee berry	57.00	22.78	48.78	24.65	55.50	23.20	66.06	19.59

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<sup>1</sup>variable was log-transformed in the analysis

Supplemental Table 3. Cognitive and mood assessments. Means and standard deviations (SD) are presented.

			<u>Baseline</u>		<u>60 min p.d.</u>		<u>180 min p.d.</u>		<u>360 min p.d.</u>		
		<b>Treatment</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>
Delayed word recognition	% correct <sup>1</sup>	Placebo	32	80.10	7.64	77.71	8.31	75.70	10.72	74.95	9.73
		Blueberry		80.31	11.24	77.82	9.44	75.67	7.98	74.37	10.66
		Apple		78.49	11.89	77.63	9.78	75.40	9.55	74.71	7.48
		Coffee berry		78.96	10.69	75.00	8.76	76.15	9.77	76.04	9.71
	Reaction time(ms) <sup>1</sup>	Placebo		821.29	217.65	856.52	325.56	802.91	187.30	834.89	231.94
		Blueberry		828.35	228.61	799.70	181.17	824.22	210.70	797.61	187.48
		Apple		820.19	180.93	856.92	228.97	811.84	171.28	861.58	227.58
		Coffee berry		830.41	246.72	895.51	281.70	842.07	292.03	851.47	234.02
Delayed picture recognition	% correct <sup>1</sup>	Placebo	32	91.46	9.20	87.19	11.71	88.28	11.28	88.75	10.36
		Blueberry		93.44	6.90	91.94	7.14	88.85	9.56	88.33	10.58
		Apple		92.50	6.67	90.21	10.33	89.48	10.30	90.73	8.54
		Coffee berry		91.25	8.87	88.44	9.35	90.83	11.45	88.65	9.42
	Reaction time(ms) <sup>1</sup>	Placebo		788.68	165.87	826.08	176.89	800.33	167.01	778.21	154.62
		Blueberry		796.05	148.56	808.22	168.61	795.05	152.34	779.40	176.44
Apple			809.08	230.20	827.86	197.94	797.38	195.05	814.68	160.90	

		Coffee berry		789.60	140.08	828.61	198.99	783.01	191.35	807.51	207.78
		Placebo	32	5.95	2.57	4.37	2.81	4.20	2.30	3.18	2.55
	Correct (number) <sup>1</sup>	Blueberry		6.03	3.02	4.27	3.08	3.64	2.48	3.40	2.63
		Apple		5.40	3.05	3.37	2.20	3.61	2.32	2.48	2.01
		Coffee berry		5.48	2.62	3.45	2.81	3.91	2.27	2.84	2.54
Delayed word recall		Placebo		0.91	0.86	1.19	1.57	0.93	1.05	1.53	1.61
	Errors (number) <sup>1</sup>	Blueberry		0.75	1.02	1.19	1.47	1.34	1.79	1.39	1.65
		Apple		0.77	0.76	1.28	1.25	1.37	1.22	1.48	1.15
		Coffee berry		0.81	1.20	1.71	1.55	1.50	1.37	1.84	1.74
		Placebo		8.31	2.48	8.28	2.30	8.38	2.47	7.85	1.94
	Correct (number) <sup>1</sup>	Blueberry		8.27	2.71	8.26	2.25	7.84	2.01	7.90	2.42
		Apple		8.48	2.43	7.67	1.79	8.10	2.09	7.58	1.76
Immediate word recall		Coffee berry		8.20	2.30	7.73	2.40	8.59	2.17	8.00	2.55
		Placebo		0.56	0.67	0.25	0.44	0.37	0.67	0.47	0.63
	Errors (number) <sup>1</sup>	Blueberry		0.53	0.80	0.42	0.67	0.34	0.55	0.65	0.71
		Apple		0.44	0.67	0.50	0.76	0.33	0.48	0.48	0.81

Stroop	% correct <sup>1</sup>	Coffee berry	0.28	0.73	0.61	0.80	0.44	0.80	0.66	0.79	
		Placebo	32	95.78	5.10	95.62	5.55	95.94	3.78	96.61	3.84
		Blueberry		97.45	2.96	95.83	2.74	97.29	3.51	96.51	3.12
		Apple		96.93	2.28	96.41	3.06	95.68	3.69	96.09	3.30
		Coffee berry		96.30	3.73	96.04	4.10	96.30	3.90	96.15	3.77
	Reaction time(ms) <sup>1</sup>	Placebo		675.02	250.93	663.67	198.45	666.48	174.08	647.50	202.62
		Blueberry		683.12	207.33	675.14	180.22	626.14	115.77	629.25	158.62
		Apple		678.75	242.57	680.69	253.56	654.97	181.14	643.05	164.09
		Coffee berry		682.19	287.92	662.12	305.57	654.69	209.03	660.34	230.23
		Placebo	32	2461.2	1190.3	2296.3	1042.4	2363.3	1148.7	2243.8	982.42
Thinking time (ms) <sup>1</sup>	Blueberry		2643.6	1261.7	2619.3	1345.7	2437.2	1299.4	2275.6	1096.6	
	Apple		2542.1	995.02	2375.8	1028.0	2431.2	1019.3	2300.5	980.46	
	Coffee berry		2715.3	1080.0	2675.9	1116.6	2529.3	1355.4	2235.1	848.62	
	Placebo		6908.5	1213.1	6682.0	1358.8	6297.9	968.60	6260.0	1135.4	
			0	1	9	1	1		9	6	

Bond-Lader VAS	Completion time	Blueberry	7115.9	1585.6	6949.7	1388.4	6197.5	1101.6	6056.3	1094.7	
	(ms) <sup>1</sup>	Apple	7050.3	1231.5	6734.4	1243.4	6444.4	1042.1	6410.8	1169.1	
		Coffee berry	7152.7	1498.9	7075.2	1632.7	6483.0	1234.9	6320.9	1008.2	
		Placebo	2.03	2.16	2.66	2.60	3.13	3.15	2.37	2.65	
	Errors	Blueberry	2.81	2.40	3.41	2.23	2.00	2.26	2.63	2.57	
	(number) <sup>1</sup>	Apple	2.25	2.37	2.97	2.72	2.59	2.35	2.34	2.36	
		Coffee berry	2.50	2.82	4.09	3.64	2.78	3.48	2.77	2.91	
		Placebo	31	45.21	13.35	42.94	14.20	46.01	15.54	46.17	15.56
	Alert	Blueberry		44.35	15.41	43.03	14.63	46.57	15.70	41.64	12.09
		Apple		46.89	13.51	45.62	12.68	49.80	13.32	44.01	11.21
	Coffee berry		44.24	11.55	49.27	14.30	48.48	15.15	43.79	14.39	
	Placebo	31	61.36	9.76	59.48	11.64	59.73	12.22	60.03	15.01	
Content <sup>1</sup>	Blueberry		61.20	13.42	62.63	13.90	58.92	15.51	58.09	15.51	
	Apple		60.20	13.41	60.27	12.82	58.56	13.22	58.08	11.26	
	Coffee berry		58.89	10.23	59.39	11.99	58.34	12.33	57.20	14.21	
Calm <sup>1</sup>	Placebo	31	55.85	12.90	55.74	13.43	54.94	14.27	57.68	13.54	

VAS	Clear mind <sup>1</sup>	Blueberry		57.11	12.77	58.34	11.07	58.86	12.79	56.99	10.62
		Apple		57.90	13.00	59.21	10.21	60.11	11.81	59.34	13.42
		Coffee berry		56.98	8.65	59.38	11.17	58.67	11.61	57.66	11.80
	Focused	Placebo	32	42.59	16.99	43.31	16.66	42.88	17.91	46.72	18.98
		Blueberry		41.59	16.79	42.19	17.18	44.31	16.97	38.47	15.34
		Apple		45.41	16.68	43.66	16.66	45.41	16.12	41.28	17.71
	Problem solving <sup>1</sup>	Coffee berry		41.81	16.51	44.69	16.52	41.28	17.89	39.47	17.22
		Placebo	32	39.72	16.25	40.88	16.86	44.16	19.72	43.47	18.26
		Blueberry		44.97	17.42	41.56	15.50	45.81	19.14	38.16	15.49
	Productive	Apple		46.88	15.93	44.94	16.58	49.13	17.16	42.94	15.59
		Coffee berry		40.78	13.68	47.03	16.29	44.78	18.40	38.59	16.49
		Placebo	32	46.66	16.11	46.72	16.08	47.66	20.25	47.44	20.30
	Productive	Blueberry		46.13	17.52	42.75	19.05	48.31	19.30	42.06	15.69
		Apple		46.63	16.27	44.00	16.14	51.19	17.39	44.66	17.09
	Productive	Coffee berry		44.31	15.78	49.50	17.84	48.09	19.10	45.84	18.15
Placebo		32	42.34	15.10	42.44	17.46	44.56	19.56	42.84	18.13	
Productive	Blueberry		41.87	16.53	41.72	17.18	43.00	18.85	37.00	16.89	

Apple	45.72	16.24	43.59	15.66	47.72	17.68	44.34	16.27
Coffee berry	41.25	16.63	47.28	17.75	48.44	16.18	43.00	17.48

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P.d., post dose; VAS, visual analogue scales

<sup>1</sup>variable was log-transformed in the analysis



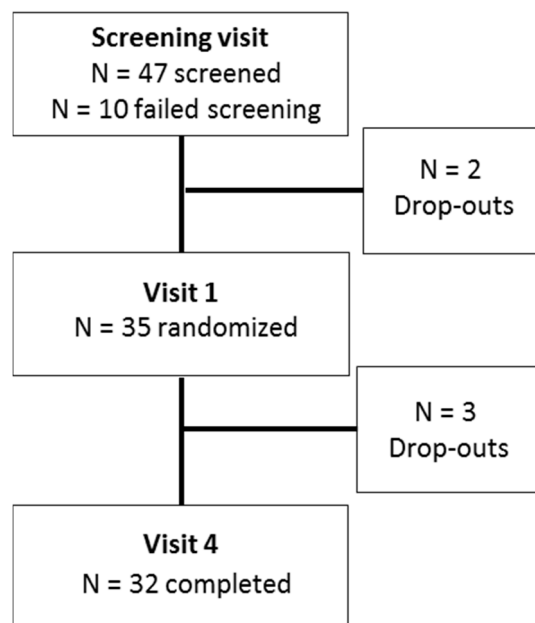
Supplemental Table 4. Profile of Mood States. Mean and standard deviations (SD) are presented.

Subscale	Treatment	N	<u>Baseline</u>		<u>60 min p.d.</u>		<u>180 min p.d.</u>		<u>360 min p.d.</u>	
			Mean	SD	Mean	SD	Mean	SD	Mean	SD
Anger/Hostility <sup>1</sup>	Placebo	32	1.94	2.83	2.81	4.55	3.00	4.64	2.68	5.26
	Blueberry		3.13	5.68	2.68	4.95	2.52	5.60	2.90	5.88
	Apple		3.10	5.44	2.44	4.59	1.84	3.73	2.97	6.35
	Coffee berry		2.44	4.60	2.47	5.26	2.47	4.75	2.97	6.34
Confusion/Bewilderment <sup>1</sup>	Placebo	32	11.28	6.30	12.03	5.88	11.56	5.96	11.71	5.38
	Blueberry		12.61	7.54	12.55	7.10	11.13	6.46	12.10	6.68
	Apple		11.77	6.81	11.56	6.40	11.66	6.97	12.39	6.41
	Coffee berry		11.81	4.97	9.47	5.28	10.38	5.80	11.22	5.64
Depression/Dejection <sup>1</sup>	Placebo	32	3.53	5.05	4.59	6.61	4.13	5.74	4.13	6.52
	Blueberry		5.48	8.35	4.52	7.87	4.32	7.87	4.68	8.32
	Apple		3.94	8.87	4.03	6.98	3.59	7.51	3.77	6.94
	Coffee berry		3.09	5.59	3.47	6.57	3.09	5.94	3.88	7.22
Fatigue/Inertia <sup>1</sup>	Placebo	32	8.66	6.02	8.78	5.00	8.34	5.45	9.77	5.18
	Blueberry		8.81	6.36	9.06	6.26	7.00	5.94	10.10	6.62
	Apple		8.29	6.56	7.63	5.61	7.78	6.20	9.77	5.92
	Coffee berry		8.37	5.54	6.38	5.76	7.06	6.04	9.03	6.30
Tension/Anxiety <sup>1</sup>	Placebo	32	6.22	6.33	7.06	5.67	6.94	5.49	6.84	5.36

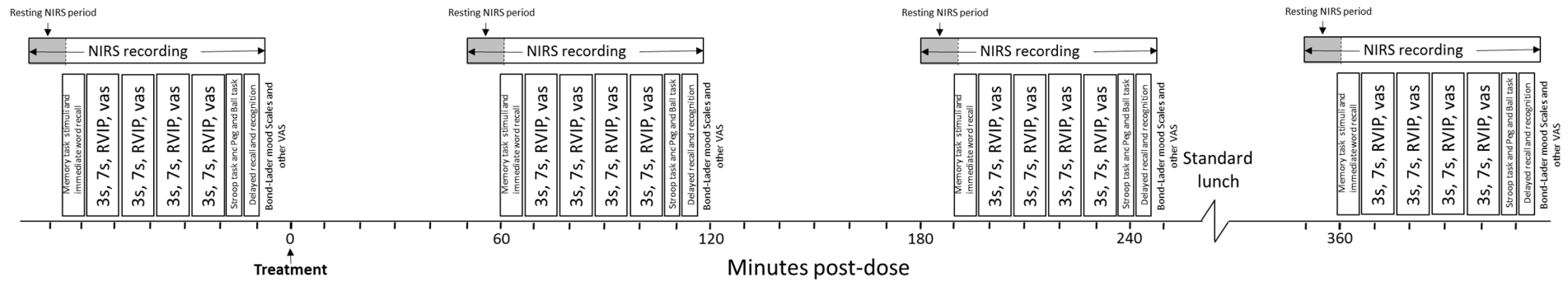
	Blueberry		7.19	6.77	7.03	6.40	7.35	7.08	7.90	8.17
	Apple		6.97	7.03	5.53	5.10	6.06	6.06	7.19	6.22
	Coffee berry		7.03	6.46	6.09	5.99	6.50	5.02	7.22	7.16
	Placebo	32	9.81	5.99	7.56	5.87	9.53	6.43	8.81	6.51
Vigour/Activity <sup>1</sup>	Blueberry		9.00	6.00	8.19	5.79	10.65	6.92	7.81	5.29
	Apple		9.00	5.81	8.63	6.36	9.63	5.24	8.13	5.51
	Coffee berry		8.69	5.13	11.12	7.92	10.13	7.62	9.81	6.83
	Placebo	32	21.81	25.86	27.72	24.62	24.44	26.29	26.32	23.01
Total Mood Disturbance (TMD) <sup>1</sup>	Blueberry		28.23	32.41	27.65	28.33	21.68	30.32	29.87	30.97
	Apple		25.06	31.32	22.56	25.48	21.31	27.37	27.97	28.12
	Coffee berry		24.06	22.29	16.75	26.63	19.37	25.24	24.50	28.97

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<sup>1</sup>variable was log-transformed in the analysis



Supplemental Figure 1. Flow diagram of disposition of subjects throughout the study



Supplemental Figure 2. Schedule of each testing visit. Participants arrived at 8am or 9am. They completed one baseline cognitive assessment, then sat quietly for 5 minutes before commencing a 10 minute pre-dose resting baseline Near Infrared Spectroscopy (NIRS) assessment. They then took their day’s treatment and 50 minutes post-dose underwent a 10-minute NIRS assessment while resting, which continued while they completed their first post-dose cognitive assessment (starting at 60 minutes post-dose). This post-dose assessment was repeated commencing at 170 minutes and 350 minutes post-dose.