SUPPLEMENTARY INFORMATION

An analysis of variance design was used in all cases. 3 X 2 X 2 with the last as a repeated measures (Capsule – Placebo / Electrolyte X Drink – No drink / Plain water / Coloured water) X Time – Baseline / End study).

Table S1. The influence of interventions on Agreeableness

Mood subscale	Effect/Interaction	ANOVA
Agreeableness	Time	$F(1,154) = 3.042$, $p = 0.083$
	Time X Capsule	$F(1,154) = 1.928$, $p = 0.167$
	Time X Drink	$F(2,154), = 0.417$, $p = 0.660$
	Time X Capsule X Drink	$F(2,154) = 4.510$, $p = 0.012$
	Capsule	$F(1,154) = 1.928$, $p = 0.167$
	Drink	$F(1,154) = 3.599$, $p = 0 .030$
	Capsule X Drink	$F(1,154) = 0.235$, $p = 0.791$

Table S2. The influence of interventions on Composure

Mood subscale	Effect/Interaction	ANOVA
Composure	Time	$F(1,157) = 1.715$, $p =0.192$
	Time X Capsule	$F(1,157) = 6.946$, $p =0.009$
	Time X Drink	$F(2,157) = 1.503$, $p =-.226$
	Time X Capsule X Drink	$F(2,157) = 3.821$, $p =0.024$
	Capsule	$F(1,157) = 0.010$, $p =0.910$
	Drink	$F(2,157) = 3.074$, $p =0.049$
	Capsule X Drink	$F(2,157) = 3.752$, $p =0.026$

Table S3. The influence of interventions on Clearheadness

Mood subscale	Effect/Interaction	ANOVA
Clearheadedness	Time	$F(1,155) = 0 .865, p = 0.354$
	Time X Capsule	$F(1,155) = 0.193, p = 0.661$
	Time X Drink	$F(2,155) = 3.440, p = 0.035$
	Time X Capsule X Drink	$F(2,155) = 0.498, p = 0.609$
	Capsule	$F(1,155) = 0.467, p = 0.496$
	Drink	$F(2,155) = 0.322, p = 0.718$
	Capsule X Drink	$F(2,155) = 1.333, p = 0.267$

Table S4. The influence of interventions on Elation

Mood subscale	Effect/Interaction	ANOVA
Elation	Time	$F(1,158) = 11.160, p < 0 .001$
	Time X Capsule	$F(1,158) = 3.738, p = 0.055$
	Time X Drink	$F(2,158) = 0.135, p = 0.873$
	Time X Capsule X Drink	$F(2,158) = 1.410, p = 0.247$
	Capsule	$F(1,158) = 0.069, p = .0793$
	Drink	$F(2,158) = 0.568, p = 0.558$
	Capsule X Drink	$F(2,158) = 2.243, p = 0.110$

Table S5.   The influence of interventions on Confidence

Mood subscale	Effect/Interaction	ANOVA
Confidence	Time	$F(1,153) = 2.360, p =0.127$
	Time X Capsule	$F(1,153) = 0.462, p =.0.498$
	Time X Drink	$F(2,153) = 1.010, p =0.366$
	Time X Capsule X Drink	$F(2,153) = 0.701, p =0.495$
	Capsule	$F(1,153) = 0.600, p =0.440$
	Drink	$F(2,153) = 4.681, p =0.011$
	Capsule X Drink	$F(2,153) = 1.314, p =0.272$

Table S.6   The influence of interventions on Energy

Mood subscale	Effect/Interaction	ANOVA
Energy	Time	$F(1,156) = 18.460, p <0.001$
	Time X Capsule	$F(1,156) = 0.002, p =0.964$
	Time X Drink	$F(1,156) = 0.703, p =0.497$
	Time X Capsule X Drink	$F(1,156) = 0.228, p =0.796$
	Capsule	$F(1,156) = 1.417, p = 0.263$
	Drink	$F(1,156) = 2.545, p = 0.082,$
	Capsule X Drink	$F(1,156) = 6.384, p =0.002 .$

Table S.7 THE EFFECT OF THE INTERVENTIONS UPON RESPONSE TIMES DURING THE ARROW FLANKERS TASK

Cognitive task	Effect/Interaction	ANOVA
Congruent	Time	$F(1, 141) = 10.764$, $p = 0.001$
	Time X Drink	$F(2,142) = 1.579$, $p = 0.223$
	Time X Capsule	$F(1,142) = 2.903$, $p = 0.089$
	Time X Drink X Capsule	$F(2,142) = 0.007$, $p = 0.993$
	Time	$F(2, 141) = 4.165$, $p = 0.017$
	Capsule	$F(2,142) = 2.618$, $p = 0.072$
	Drink X Capsule	$F(2,142) = 1.437$, $p = 0.241$

Cognitive task	Effect/Interaction	ANOVA
Incongruent	Time	$F(1, 141) = 10.764$, $p = 0.001$
	Time X Drink	$F(2,141) = 0.339$, $p = 0.713$
	Time X Capsule	$F(1,141) = 2.293$, $p = 0.132$
	Time X Drink X Capsule	$F(2,141) = 0.114$, $p = 0.132$
	Drink	$F(2, 141) = 4.165$, $p = 0.017$
	Capsule	$F(1,141) = 1.106$, $p = 0.295$,
	Drink X Capsule	$F(2,141) = 0.071$, $p = 0.931$

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Cognitive task	Effect/Interaction	ANOVA
Neutral Trials	Time	$(F(1,141) = 13.877, p < .001$
	Time X Drink	$(F(2,141) = 0.831, p = 0.438$
	Time X Capsule	$F(1,141) = 6.26, p = 0.013$
	Time X Drink X Capsule	$(F(2,141) = 0.074, p = 0.929$
	Drink	$(F(2,141) = 5.606, p = 0.005$
	Capsule	$(F(1,141) = 1.576, p = 0.211$
	Drink X Capsule	$(F(2,141) = 1.670, p = 0.192$

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Table S8. THE EFFECT OF THE INTERVENTION UPON RESPONSE TIMES DURING THE SERIAL SEVENS TASK

Cognitive task	Effect/Interaction	ANOVA
Serial sevens	Time	$F(1,154) = 43.030, p < .001$
	Time X Drink	$F(2,154) = 1.253, p = 0.289$
	Time X Capsule	$F(2,154) = 0.362, p = 0.548$
	Time X Drink X Capsule	$F(2,154) = 4.303, p = 0.046$
	Drink	$F(2,154) = 1.538, p = 0.218$
	Capsule	$F(1,154) = 0.025, p = 0.874$
	Drink X Capsule	$F(2,154) = 1.841, p = 0.162$

Table S.9 THE EFFECT OF THE INTERVENTION UPON EPISODIC MEMORY

Mood subscale	Effect/Interaction	ANOVA
	Time	$F(1,165)=8.915$, $p = 0.003$
	Time X Drink	$F(2,165) =2.262$, $p =0 .107$
	Time X Capsule	$F(1,165) = 0.208$, $p= 0.649$
	Time X Capsule X Drink	$F(2,165)= 0.877$, $p =0.417$
	Memory type	$F(1,165) = 90.995$, p .001
	Memory type X Drink	$F(2,165) = 0.617$, $p=0.541$
	Memory type X Capsule	$F(1,165) = 1.747$, $p=0.188$
	Memory type X Capsule X Drink	$F(2,165)=0.876$, $p =0.418$
	Time X Memory type	$F(1,165)=12.082$, $p =.001$
	Time X Memory type X Drink type	$F(2,165) = 1.014$, $p=.365$
	Time X Memory type X Capsule	$F(1,165) = 0.647$, $p =.413$
	Time X Memory type X Drink type X Capsule	$F(2,165) = 0.046$, $p =.955$
	Capsule	$F(1,165) = 0.454$, $p = .636$
	Drink	$F(1,165) =0 .009$, $p = .923$
	Capsule X Drink	$F(1,165) = 0.800$, $p = .451$

Note. Type of memory is whether recall was immediately or after 20 minutes
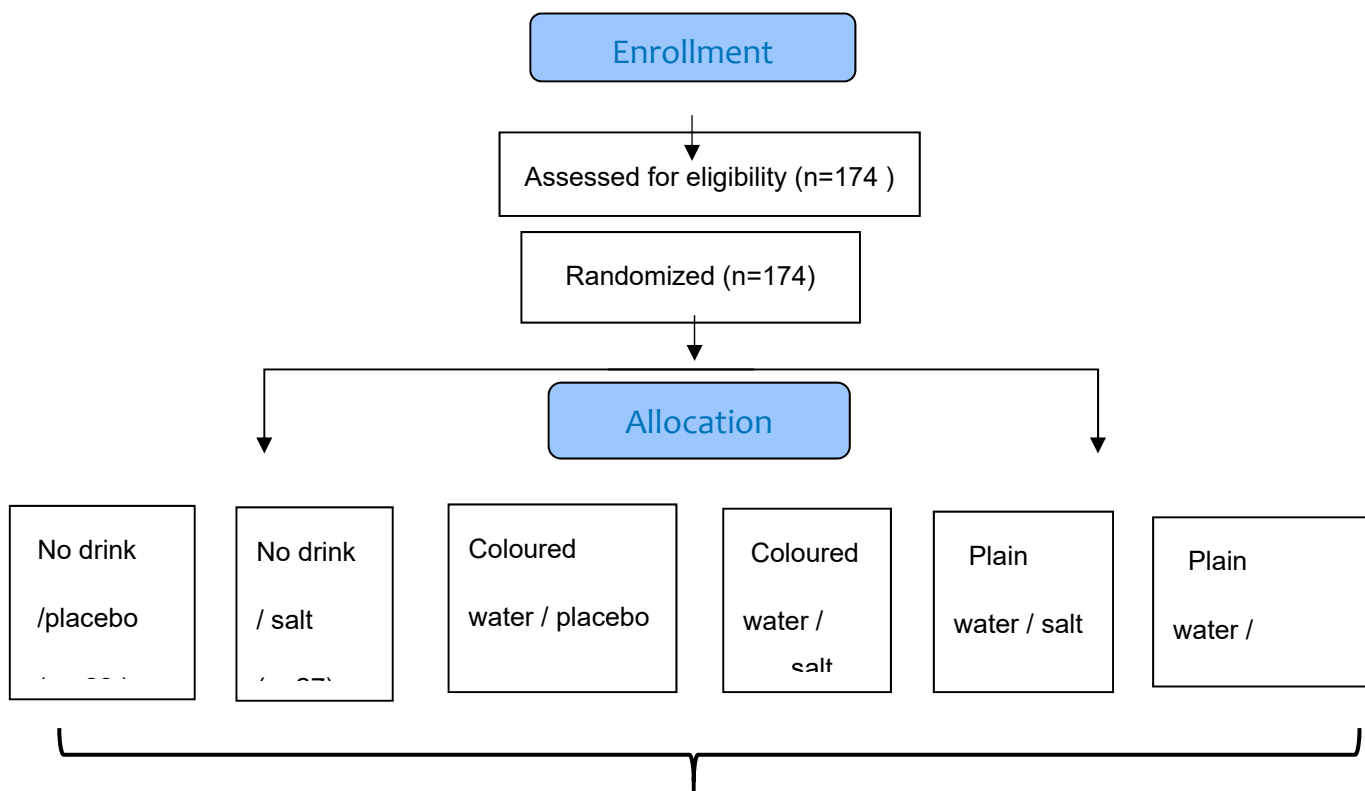
Table S.10 THE EFFECT OF THE INTERVENTION UPON REACTION TIMES

Lamp	Effect/Interaction	ANOVA
1	Time	$(F(1, 160) = 0.542, p = 0.463)$
1	Time X Drink	$(F(2, 160) = 0.118, p = 0.889)$
1	Time X Capsule	$(F(1, 160) = 1.197, p = 0.275)$
1	Time X Capsule X Drink	$(F(2, 160) = 0.098, p = 0.907)$
2	Time	$(F(1, 160) = 1.393, p = 0.240)$
2	Time X Drink	$(F(2, 160) = 0.601, p = 0.549)$
2	Time X Capsule	$(F(1, 160) = 0.724, p = 0.384)$
2	Time X Capsule X Drink	$(F(2, 160) = 0.328, p = 0.721)$
4	Time	$(F(1, 160) = 0.498, p = 0.482)$
4	Time X Drink	$(F(2, 160) = 1.104, p = 0.334)$
4	Time X Capsule	$(F(1, 160) = 4.097, p = 0.045)$
4	Time X Capsule X Drink	$(F(2, 160) = 0.409, p = 0.605)$
8	Time	$(F(1, 153) = 0.013, p = 0.653)$
8	Time X Drink	$(F(2, 153) = 1.203, p = 0.398)$
8	Time X Capsule	$(F(1, 153) = 0.483, p = 0.962)$
8	Time X Capsule X Drink	$(F(2, 153) = 3.938, p = 0.005)$

CONSORT
TRANSPARENT REPORTING of TRIALS

Enrollment

Assessed for eligibility (n=174)

Randomized (n=174)

Allocation

| No drink /placebo | No drink / salt | Coloured water / placebo | Coloured water / salt | Plain water / salt | Plain water / |

Discontinued intervention (n=0)

Analysis

Outliers

Agreeable n=0   n=4   n=2   n=0   n=1   n=2

Composed n=1   n=0   n= 1   n=1   n=1   n= 3

Clearheaded n=2   n=0   n=0   n=3   n=1   n= 2

Energetic n= 0   n=1   n=2   n=2   n=0   n=2

Elated n= 1   n= 0   n= 1   n=1   n=2   n= 3   Confident n=3   n= 2

n=0   n=2   n=1   n=2