

Supplementary Table 1. Mean fasting plasma glucose and insulin concentrations of the reference glucose solution and the three test meals. Data are shown as mean \pm standard error of the mean (SEM), n = 33 for the three repeated glucose solution tests and n = 11 for the three test meals.

Treatment	Fasting glucose (mmol/L)	Fasting insulin (pmol/L)
Reference glucose solution	4.95 \pm 0.07	32.35 \pm 1.55
Rice meal + Soda Water	5.05 \pm 0.08	32.99 \pm 1.57
Rice meal + Diet Lemonade	5.02 \pm 0.08	32.58 \pm 2.23
Rice meal + Kombucha	5.02 \pm 0.08	33.03 \pm 1.86