**Supplemental Table 2: Reported average fluid intake comparison by gender**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Males**  n=184 | **Females**  n=209 | **p-value** |
| Total water intake litres (Mean±SD) | 3.935±2.108 | 3.461±2.598 | 0.046\* |

*\*p-value is based on independent sample t-test*