A single page from the 7-day fluid record. Each participant completed a new page each day. The final purple section refers to the location in which the fluid was consumed, this data was not used for the current analysis and was thus not described in the methods section of the manuscript. The Liq.In™ record is distributed by Mapi Research Trust on behalf of its copyright holder, Danone Research. Contact information and permission to use: Mapi Research Trust, Lyon, France. Please visit https://eprovide.mapi-trust.org/.