

## **Sodium and Potassium Intake through Juices and Low Alcohol Beverages in Fiji**

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**Table S1:** Sodium and potassium contents in fruit juices available in Fiji market.

Product Name	Packing	Sodium ( $\mu\text{g/mL}$ )	Potassium ( $\mu\text{g/mL}$ )	Amount (mg/100 mL)		Amount (mg/serving)	
				Sodium	Potassium	Sodium	Potassium
Apple & Eve (Fruit Punch)	200	23.7 $\pm$ 0.14	1048.6 $\pm$ 12.03	2.4	104.9	5	210
Apple & Eve (Very Berry)	200	31.0 $\pm$ 1.64	1178.6 $\pm$ 0	3.1	117.9	6	236
Fontana (Apple Juice)	250	17.5 $\pm$ 0.00	927.1 $\pm$ 10.42	1.8	92.7	4	232
Fontana (Exotic)	250	45.4 $\pm$ 1.23	372.9 $\pm$ 3.61	4.5	37.3	11	93
Fontana (Mango)	250	25.6 $\pm$ 1.01	185 $\pm$ 2.5	2.6	18.5	6	46
Fontana (Orange)	250	25.8 $\pm$ 0.72	1135.4 $\pm$ 18.04	2.6	113.5	6	284
Fresh n Juicy (Apple)	260	39.3 $\pm$ 0.43	770.8 $\pm$ 18.04	3.9	77.1	10	200
Fresh n Juicy (Orange)	260	31.7 $\pm$ 0.29	1333.3 $\pm$ 36.08	3.2	133.3	8	347
FruBu (Orange Flavor)	500	105.8 $\pm$ 1.44	161.7 $\pm$ 1.44	10.6	16.2	53	81
Fruitace (Orange Base) Concentrate	340	965.3 $\pm$ 12.03	666.7 $\pm$ 0.00	9.7	6.7	328	227
Fruitace (Tropical) Fruit Drink Concentrate	340	950.0 $\pm$ 12.5	637.5 $\pm$ 0.00	9.5	6.4	323	217
Golden Circle (Orange)	250	40.3 $\pm$ 0.48	2562.5 $\pm$ 36.08	4.0	256.3	10	641
Golden Circle (Pineapple)	250	7.3 $\pm$ 0.51	1645.8 $\pm$ 20.83	0.7	164.6	2	411
Golden Circle (Tropical Punch)	250	48.3 $\pm$ 3.82	861.1 $\pm$ 12.03	4.8	86.1	12	215
Just Juice (Orange & Mango)	1000	13.4 $\pm$ 0.25	1083.3 $\pm$ 10.42	1.3	108.3	13	1083
Just Juice (Pineapple & Guava)	1000	12.9 $\pm$ 0.17	1312.5 $\pm$ 10.42	1.3	131.3	13	1313
Kern's Nectar (Guava)	340	121.7 $\pm$ 1.44	358.3 $\pm$ 46.19	12.2	35.8	41	122
Kern's Nectar (Straberry Banana)	340	93.8 $\pm$ 3.31	378.3 $\pm$ 2.89	9.4	37.8	32	129
LKK New Fruit Juice (Apple Flavor)	150	378.3 $\pm$ 2.89	543.3 $\pm$ 2.89	37.8	54.3	57	82
LKK New Fruit Juice (Oragne Flavor)	150	315.0 $\pm$ 8.66	586.7 $\pm$ 2.89	31.5	58.7	47	88
Macro Organic 100% Pure Coconut Water	330	231.7 $\pm$ 11.55	1993.1 $\pm$ 12.03	23.2	199.3	76	658
Minute Maid Pulpy (Apple) Fruit Drink	350	10.8 $\pm$ 0.00	348.3 $\pm$ 2.89	1.1	34.8	4	122
Minute Maid Pulpy (Orange) Fruit Drink	350	109.2 $\pm$ 1.44	430 $\pm$ 0.00	10.9	43	38	151
Minute Maid Pulpy (Tropical) Fruit Drink	350	93.3 $\pm$ 3.15	320 $\pm$ 5.00	9.3	32	33	112
Real Fruit Juice (Grape)	1000	4.0 $\pm$ 0.10	141.7 $\pm$ 1.44	0.4	14.2	4	142

Real Fruit Juice (Orange)	1000	337.5±0.00	837.5±0.00	33.8	83.8	338	838
Sunquick (Mango) Concentrate	330	338.3±2.89	2760.4±18.04	33.8	27.6	112	911
Sunquick (Orange) Concentrate	330	885.4±18.04	2562.5±0.00	8.9	25.6	292	846
Tampico (Citrus Punch)	500	128.3±2.89	335±5.00	12.8	33.5	64	168
Tampico (Island Punch)	500	96.7±1.44	221.7±2.89	9.7	22.2	48	111
Tampico (Mango Punch)	500	130±0.00	320±0.00	13.0	32.0	65	160

**Table S2:** Sodium and potassium contents in artificial flavoured drinks available in Fiji market.

Product Name	Packing	Sodium (µg/mL)	Potassium (µg/mL)	Amount (mg/100 mL)		Amount (mg/serving)	
				Sodium	Potassium	Sodium	Potassium
LKK New Fruit Juice (Pine Apple Flavor)	150	295.0±25.98	558.3±2.89	29.5	55.8	44	84
Punjas Drink Concentrate (Orange)	320	362.5±0.00	1.4±0.01	0.6	0.0	116	0
Punjas Drink Concentrate (Pineapple)	320	254.2±3.61	4.7±0.06	0.4	0.0	81	1
Punjas Drink Concentrate Raspberry	300	1062.5±0.00	1.5±0.01	1.8	0.0	319	0
Ribena (Black Currant - Purple)	600	1.9±0.26	209.7±2.41	0.2	21.0	1	126
Ribena (Black Currant -Blue)	600	1.4±0.25	142.5±0.00	0.1	14.3	1	86
Tuckers Raspberry Cordial Extract	375	441.7±5.77	2.2±0.06	8.3	0.2	166	1

**Table S3:** Sodium and potassium contents in carbonated fizzy available in Fiji market.

Product Name	Packing	Sodium (µg/mL)	Potassium (µg/mL)	Amount (mg/100 mL)		Amount (mg/serving)	
				Sodium	Potassium	Sodium	Potassium
7 UP Lemonade	330	145.8±1.44	2.3±0.06	14.6	0.2	48	1
Coke Coca Cola	330	3.9±0.21	23.8±0.29	0.4	2.4	1	8
Diet Coca Cola	330	24.5±0.5	37.3±1.04	2.5	3.7	8	12
Mirinda (Orange)	330	26.7±0.72	4.3±0.06	2.7	0.4	9	1
Mountain Dew (Citrus Flavor)	330	46.3±1.25	45.8±0.72	4.6	4.6	15	15
Pepsi Max	330	22.0±0.85	30.8±0.72	2.2	3.1	7	10
Sprite Lemonade	330	83.1±3.37	1.2±0.02	8.3	0.1	27	0

**Table S4:** Sodium and potassium contents in sports drinks available in Fiji market.

Product Name	Packing	Sodium ( $\mu\text{g/mL}$ )	Potassium ( $\mu\text{g/mL}$ )	Amount (mg/100 mL)		Amount (mg/serving)	
				Sodium	Potassium	Sodium	Potassium
Powerade (Berry Ice)	500	303.3 $\pm$ 2.89	400 $\pm$ 5.00	30.3	40.0	152	200
Powerade (Mountain Blast)	500	311.7 $\pm$ 7.64	340 $\pm$ 5.00	31.2	34.0	156	170
Red Bull Energy Drink	250	358.3 $\pm$ 2.89	1.9 $\pm$ 0.04	35.8	0.2	90	0
V-Drink Guarana Energy Drink - blue	250	713.5 $\pm$ 9.02	0.9 $\pm$ 0.13	71.4	0.1	178	0
V-Drink Guarana Energy Drink - green	250	812.50.00	40 $\pm$ 0.00	81.3	4.0	203	10

**Table S5:** Sodium and potassium contents in low alcohol beverages available in Fiji market.

Product Name	Packing	Sodium ( $\mu\text{g/mL}$ )	Potassium ( $\mu\text{g/mL}$ )	Amount (mg/100 mL)		Amount (mg/serving)	
				Sodium	Potassium	Sodium	Potassium
Bundaberg Rum (Original & Cola)	375	11.0 $\pm$ 0.00	10.1 $\pm$ 0.14	1.1	1.0	4	4
Fiji Bitter	355	12.7 $\pm$ 0.29	343.3 $\pm$ 2.89	1.3	34.3	4	122
Fiji Gold	355	10.5 $\pm$ 0.00	231.7 $\pm$ 1.44	1.1	23.2	4	82
Fiji Premium Beer (Fiji's Finest Beer)	355	35.2 $\pm$ 0.29	587.5 $\pm$ 6.25	3.5	58.8	12	209
Foster's Lager (Australia's Famous Beer)	330	57.1 $\pm$ 2.01	293.3 $\pm$ 2.89	5.7	29.3	19	97
Ginger Beer	330	105.0 $\pm$ 0.00	4.2 $\pm$ 0.05	10.5	0.4	35	1
Gordon's Gin & Tonic (with Taste of Lemon)	370	55.3 $\pm$ 1.89	0.0 $\pm$ 0.00	5.5	0.0	20	0.0
Heineker Lager Beer	330	27.3 $\pm$ 2.95	396.7 $\pm$ 16.07	2.7	39.7	9	131
Johnnie Walker Red Label Blended Scotch Whisky	375	19.3 $\pm$ 0.38	4.6 $\pm$ 0.04	1.9	0.5	7	2
Peroni (1948) Nastro Azzurro	330	37.5 $\pm$ 0.00	612.5 $\pm$ 0.00	3.8	61.3	12	202
Pure Blonde (Beer)	355	85.0 $\pm$ 0.00	256.3 $\pm$ 0.00	8.5	25.6	30	91
Vailima Lager Beer	330	25.5 $\pm$ 0.00	450 $\pm$ 0.00	2.6	45.0	8	149
Vailima Pure Lager	330	9.7 $\pm$ 0.29	350 $\pm$ 0.00	1.0	35.0	3	116
Victoria Bitter	375	141.7 $\pm$ 19.09	416.7 $\pm$ 80.61	14.2	41.7	53	156