

Supplemental Table 1. Studies that were eventually excluded after initially appearing to meet the eligibility criteria.	
Study	Study Description and Rationale for Exclusion
<p>Mateo-Gallego, R., Pérez-Calahorra, S., Lamiquiz-Moneo, I., Marco-Benedí, V., Bea, A. M., Fumanal, A. J., ... & Civeira, F. (2020). Effect of an alcohol-free beer enriched with isomaltulose and a resistant dextrin on insulin resistance in diabetic patients with overweight or obesity. <i>Clinical Nutrition</i>, 39(2), 475-483.</p>	<p>A randomized crossover trial that involved 1) regular alcohol-free beer consumption for 10 weeks and 2) 10 weeks of modified alcohol-free beer ingestion. The modified alcohol-free beer had its maltose nearly eliminated and had isomaltulose and a resistant maltodextrin added. According to the authors, the following advice was given to participants regarding physical activity:</p> <p>“All participants were provided with general physical-activity advice that was in accordance with their physical status. Physical activity advice was quite heterogeneous due to the different fitness conditions of subjects (i.e.: walk one hour a day or running 30 min three times a week).”</p> <p>Based on a questionnaire, physical activity did not clearly increase in both conditions from baseline to the final visit. Thus, given the lack of detail on the physical activity component of the intervention, the large heterogeneity in physical activity recommendations given to participants, and the lack of consistent change in physical activity from pre-to-post intervention, this study was excluded from the review.</p>
<p>Irwin, C., Leveritt, M., Shum, D. H., & Desbrow, B. (2014). Mild to moderate dehydration combined with moderate alcohol consumption has no influence on simulated driving performance. <i>Traffic Injury Prevention</i>, 15(6), 652-662.</p>	<p>A randomized crossover trial that involved manipulating post-exercise rehydration levels and the ingestion of an alcohol-based beverage or a non-alcohol placebo prior to performing a simulated driving task. Dehydration was induced through intermittent exercise on a cycle ergometer. Differing levels of rehydration (none, 50% body mass lost, 150% of body mass lost) were achieved through water consumption during a 2-hour post-exercise period. Prior to performing the driving task, alcohol was administered via a beverage made of vodka, ginger beer cordial concentrate, and diet ginger beer soft drink. The placebo beverage was identical except for water replaced vodka. Given that vodka was the main alcohol source, and that the production of ginger beer can be quite variable and may not reflect traditional beer brewing methods, this study was excluded from the review.</p>

<p>Cox, K. L., Puddey, I. B., Morton, A. R., Masarei, J. R. L., Vandongen, R., & Beilin, L. J. (1990). Controlled comparison of effects of exercise and alcohol on blood pressure and serum high density lipoprotein cholesterol in sedentary males. <i>Clinical and Experimental Pharmacology and Physiology</i>, 17(4), 251-255.</p>	<p>Although this short communication article reported on an experiment that involved the manipulation of beer intake and exercise training, a fuller version of the data was ultimately reported in a later article (Cox et al., 1993). Thus, this article was excluded from the review.</p>
<p>Hartung, G. H., Foreyt, J. P., Mitchell, R. E., Mitchell, J. G., Reeves, R. S., & Gotto, A. M. (1983). Effect of alcohol intake on high-density lipoprotein cholesterol levels in runners and inactive men. <i>JAMA</i>, 249(6), 747-750.</p>	<p>This non-randomized experimental study examined the effects of three weeks of alcohol abstinence followed by three weeks of alcohol consumption, primarily through beer. Three separate groups completed the study (marathon runners, joggers, inactive men). During the 3-week alcohol consumption phase, participants were supplied with 3.5% beer to drink daily. However, some participants preferred to drink other sources of alcohol (wine or distilled spirits), and therefore the alcohol intervention wasn't solely beer. In addition, although the three groups differed in physical activity level (marathon runners, joggers, and inactive men), there was not an exercise intervention per se. Thus, this article was excluded from the review.</p>
<p>Maghsoudi, Z., Shiranian, A., Askari, G., & Ghaisvand, R. (2016). Effect of various kinds of beverages on stress oxidative, F2 isoprostane, serum lipid and blood glucose of elite taekwondo players. <i>Iranian Journal of Nursing and Midwifery Research</i>, 21(5), 470-474.</p>	<p>This experimental crossover involved 21 taekwondo athletes consuming three different beverages (dough, non-alcoholic beer, chocolate milk). The main exercise task involved a running-based anaerobic sprint test. The authors, however, did not provide any details on the non-alcoholic beer (e.g., brand, nutrient profile, energy content) or the comparison beverages. Further, it was unclear from the methods section exactly when the beverages were consumed in relation to the running-based anaerobic sprint test. Finally, basic data such as body mass and sex were not reported. Thus, this article was excluded from the review.</p>
<p>Shiranian, A., Darvishi, L., Askari, G., Ghiasvand, R., Feyzi, A., Hariri, M., ... & Mehrabani, S. (2013). The effect of different beverage consumption (Dough, non-alcoholic beer, carbohydrate replacement drink) on performance, lipids profile, inflammatory biomarkers after running-based anaerobic sprint test in Taekwondo players. <i>International Journal of Preventive Medicine</i>, 4(Suppl 1), S5-10</p>	<p>This experimental crossover involved 22 male taekwondo athletes consuming three different beverages immediately and 1-hour post-exercise (dough, non-alcoholic beer, carbohydrate replacement drink). The exercise task involved a running-based anaerobic sprint test. The authors, however, did not provide details on the non-alcoholic beer (e.g., brand, nutrient profile, energy content) or the comparison beverages. The volume of beverage consumed was also not specified. Thus, this article was excluded from the review.</p>