

## Supplementary Tables

**Table S1.** List of the inclusion and the exclusion criteria

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### Inclusion criteria

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- 1 Individuals who were fully explained the study, understood the study purpose and content, and had given their informed consent in writing of their own free will.
  - 2 Healthy men and women aged of 30–49 years at the time consent was obtained.
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### Exclusion criteria

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- 1 Persons who consumed pharmaceuticals, quasi-drugs, or dietary supplements at least 5 days per week during the month prior to the SCR or planned to do so during the study period
  - 2 Persons who have or had serious diseases such as cranial nerve disease, liver disease, kidney disease, cardiac disease, circulatory disease, malignant tumor
  - 3 Persons who have had seizures (loss of consciousness, coma, convulsions due to neurological diseases)
  - 4 Persons with food allergies
  - 5 Persons who could not consume bitter chocolate (dark chocolate)\*
  - 6 Persons who consumed excessive alcohol (average of 60 g/day or more)
  - 7 Habitual smokers
  - 8 Persons who worked day/night shifts, and those who worked night shifts during the period of the study
  - 9 Persons who had extremely poor performance on the cognitive function test during the SCR.
  - 10 Persons who could not complete the autonomic function test during the SCR.
  - 11 Left-handed persons
  - 12 Persons judged to be inappropriate as participants by the Principal Investigator or a Research Assigning Physician.
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\* Bitter (dark) chocolate was defined as chocolate with 40%–60% cocoa liquor without milk (dairy), chocolate with low sugar and dairy content and high bitterness, or low sugar chocolate with 70%–90% cocoa content. SCR, screening test.