

Table S2. Knowledge of sweetener's and perception of the sweetener and caffeine disclaimers (n=1,083)

Sweetener's disclaimer	%	95%CI
Sweeteners are harmful to health (Strongly agree - totally agree)	32.3	29.6, 35.3
Many of the beverages, sweets, such as sodas and fruit nectars, have sweeteners (Strongly agree - totally agree)	52.3	49.3, 55.2
Sweeteners allow us to consume fewer calories (Strongly agree - totally agree)	31.9	29.2, 34.8
Boys and girls should not consume foods or drinks with sweeteners (Strongly agree - totally agree)	44.9	41.9, 47.9
Sweeteners are more harmful than sugar (Strongly agree - totally agree)	27.8	25.2, 30.5
Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)	46.9	43.9, 49.9
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)	51.6	48.6, 54.6
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)	73.6	70.9, 76.1
In your opinion, in what quantities should a product be consumed with this disclaimer? (Very small quantities)	68.9	66.1, 71.6
How severe is the disclaimer in front of the product		
Not enough	13.5	11.6, 15.7
Correct	60.8	57.8, 63.5
Too hard	13.6	11.7, 15.7
Caffeine disclaimer		
Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)	42.9	40.0, 45.9
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)	47.4	44.4, 50.4
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)	81.3	78.8, 83.5
In your opinion, in what quantities should a product be consumed with this disclaimer? (Very small quantities)	65.1	62.2, 67.9
How severe is the disclaimer in front of the product		
Not enough	12.9	11.1, 15.1
Correct	63.6	60.7, 66.4
Too hard	12.7	10.9, 14.9

Table S2a. Knowledge of sweetener's and perception of the sweetener and caffeine disclaimers according to population group and interest in health. (n=1083)

	Population group									Interest in own health								
	18 - 25 years n=382			26- 42 years n =329			43-75 years n=372			A little- Nothing n=34			Enough n=337			A lot n=712		
	%	95%CI		%	95%CI		%	95%CI		%	95%CI		%	95%CI		%	95%CI	
Sweetener's																		
Sweeteners are harmful to health (Strongly agree - totally agree)	28.5	24.2,	33.3	31.6	26.8,	36.8	36.8	32.1,	41.9	29.4	16.5,	46.9	30.9	26.1,	36.0	33.1	29.8,	36.7
Many of the beverages, sweets, such as sodas and fruit nectars, have sweeteners (Strongly agree - totally agree)	48.4	43.4,	53.5	52.3	46.9,	57.6	56.2	51.1,	61.2	50.0	33.6,	66.4	51.6	46.3,	56.9	52.7	49.0,	56.3
Sweeteners allow us to consume fewer calories (Strongly agree - totally agree)	28.5	24.2,	33.3	33.1	28.2,	38.4	34.4	29.7,	39.4	26.5	14.2,	43.8	26.7	22.2,	31.7	34.7	31.3,	38.3
Boys and girls should not consume foods or drinks with sweeteners (Strongly agree - totally agree)	36.1	31.4,	41.1	45.3	40.0,	50.7	53.5	48.4,	58.5	32.4	18.7,	49.8	41.8	36.7,	47.2	46.9	43.3,	50.6
Sweeteners are more harmful than sugar (Strongly agree - totally agree)	23.0	19.1,	27.5	29.5	24.8,	34.7	31.2	26.7,	36.1	29.4	16.5,	46.9	23.1	18.9,	28.0	29.9	26.7,	33.4
Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)	43.7	38.8,	48.8	50.2	44.8,	55.5	47.3	42.3,	52.4	64.7	47.3,	78.9	42.1	37.0,	47.5	48.3	44.7,	52.0
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)	42.4	37.5,	47.4	56.8	51.4,	62.1	56.5	51.4,	61.4	61.8	44.4,	76.5	44.2	39.0,	49.6	54.6	51.0,	58.3
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)	70.2	65.4,	74.5	73.9	68.8,	78.3	76.9	72.3,	80.9	70.6	53.1,	83.5	72.1	67.1,	76.6	74.4	71.1,	77.5
In your opinion, in what quantities should a product be consumed with this disclaimer? (Very small quantities)	63.1	58.1,	67.8	73.6	68.5,	78.1	70.7	65.9,	75.1	76.5	59.2,	87.9	66.8	61.5,	71.6	69.5	66.0,	72.8
How severe is the disclaimer in front of the product																		
Not enough	15.4	12.2,	19.4	12.2	9.0,	16.2	12.6	9.6,	16.4	5.9	1.4,	21.1	13.4	10.1,	17.4	13.9	11.5,	16.7
Correct	56.5	51.5,	61.4	64.1	58.8,	69.1	62.1	57.0,	66.9	52.9	36.2,	69.0	58.8	53.4,	63.9	62.1	58.4,	65.6

	Too hard	12.8	9.8,	16.6	13.1	9.8,	17.2	14.8	11.5,	18.8	26.5	14.2,	43.8	13.9	10.6,	18.1	12.8	10.5,	15.4
Caffeine disclaimer																			
Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)		37.7	33.0,	42.7	45.0	39.7,	50.4	46.5	41.5,	51.6	50.0	33.6,	66.4	40.4	35.2,	45.7	43.8	40.2,	47.5
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)		39.8	35.0,	44.8	52.0	46.6,	57.3	51.1	46.0,	56.1	55.9	38.9,	71.6	41.8	36.7,	47.2	49.6	45.9,	53.3
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)		78.3	73.8,	82.1	83.9	79.5,	87.5	82.0	77.7,	85.6	79.4	62.4,	90.0	80.7	76.1,	84.6	81.6	78.6,	84.3
In your opinion, in what quantities should a product be consumed with this disclaimer? (Very small quantities)		58.6	53.6,	63.5	69.3	64.1,	74.1	68.0	63.1,	72.6	79.4	62.4,	90.0	62.6	57.3,	67.6	65.6	62.0,	69.0
How severe is the disclaimer in front of the product																			
	Not enough	12.8	9.8,	16.6	12.8	9.6,	16.8	13.2	10.1,	17.0	8.8	2.8,	24.4	12.8	9.6,	16.8	13.2	10.9,	15.9
	Correct	63.6	58.7,	68.3	65.7	60.3,	70.6	61.8	56.8,	66.6	58.8	41.6,	74.1	63.2	57.9,	68.2	64.0	60.4,	67.5
	Too hard	11.8	8.9,	15.4	10.6	7.7,	14.5	15.6	12.2,	19.7	17.6	8.0,	34.4	13.4	10.1,	17.4	12.2	10.0,	14.8

Table S2b. Knowledge of sweetener's and perception of the sweetener and caffeine disclaimers according to academic level. (n=1083)

Sweetener´s	Academic level								
	Secondary or lower n=169			High school n=359			Bachelor's degree or above n=555		
	%	95%CI		%	95%CI		%	95%CI	
Sweeteners are harmful to health (Strongly agree - totally agree)	30.8	24.3,	38.2	32.6	27.9,	37.6	32.6	28.8,	36.6
Many of the beverages, sweets, such as sodas and fruit nectars, have sweeteners (Strongly agree - totally agree)	44.4	37.0,	52.0	51.8	46.6,	57.0	55.0	50.8,	59.1
Sweeteners allow us to consume fewer calories (Strongly agree - totally agree)	33.1	26.4,	40.6	29.5	25.0,	34.5	33.2	29.4,	37.2
Boys and girls should not consume foods or drinks with sweeteners (Strongly agree - totally agree)	40.8	33.6,	48.4	43.5	38.4,	48.6	47.0	42.9,	51.2
Sweeteners are more harmful than sugar (Strongly agree - totally agree)	25.4	19.4,	32.6	26.7	22.4,	31.6	29.2	25.5,	33.1
Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)	47.9	40.5,	55.5	47.6	42.5,	52.8	46.1	42.0,	50.3
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)	55.0	47.4,	62.4	51.5	46.4,	56.7	50.6	46.5,	54.8
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)	68.0	60.6,	74.7	72.1	67.3,	76.5	76.2	72.5,	79.6
In your opinion, in what quantities should a product be consumed with this disclaimer? Very small quantities	68.0	60.6,	74.7	68.8	63.8,	73.4	69.2	65.2,	72.9
How severe is the disclaimer in front of the product									
Not enough	14.8	10.2,	21.0	10.6	7.8,	14.2	15.0	12.2,	18.2
Correct	53.3	45.7,	60.7	62.1	57.0,	67.0	62.2	58.0,	66.1

	Too hard	16.0	11.2, 22.3	14.8	11.4, 18.8	12.1	9.6, 15.1
Caffeine disclaimer							
Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)		51.5	43.9, 59.0	41.2	36.2, 46.4	41.4	37.4, 45.6
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)		49.1	41.6, 56.6	47.9	42.8, 53.1	46.5	42.4, 50.7
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)		78.1	71.2, 83.7	78.6	74.0, 82.5	84.0	80.7, 86.8
In your opinion, in what quantities should a product be consumed with this disclaimer? (Very small quantities)		71.0	63.7, 77.4	62.4	57.3, 67.3	65.0	61.0, 68.9
How severe is the disclaimer in front of the product							
	Not enough	11.8	7.7, 17.7	10.6	7.8, 14.2	14.8	12.1, 18.0
	Correct	56.2	48.6, 63.5	63.8	58.7, 68.6	65.8	61.7, 69.6
	Too hard	18.9	13.7, 25.6	13.9	10.7, 17.9	10.1	7.8, 12.9

Table S2c. Knowledge of sweetener's and perception of the sweetener and caffeine disclamers according to nutrition knowledge.
(n=1083)

Sweetener's	Nutrition knowledge								
	More or less - too much n=433			A little n=505			Nothing n=145		
	%	95%CI		%	95%CI		%	95%CI	
Sweeteners are harmful to health (Strongly agree - totally agree)	33.7	29.4	38.3	28.7	24.9	32.8	40.7	33.0	48.9
Many of the beverages, sweets, such as sodas and fruit nectars, have sweeteners (Strongly agree - totally agree)	57.3	52.6	61.9	49.3	45.0	53.7	47.6	39.6	55.7
Sweeteners allow us to consume fewer calories (Strongly agree - totally agree)	34.6	30.3	39.3	28.1	24.4	32.2	37.2	29.7	45.4
Boys and girls should not consume foods or drinks with sweeteners (Strongly agree - totally agree)	46.7	42.0	51.4	42.6	38.3	46.9	47.6	39.6	55.7
Sweeteners are more harmful than sugar (Strongly agree - totally agree)	28.2	24.1	32.6	25.5	21.9	29.5	34.5	27.2	42.6
Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)	46.3	41.6	51.0	45.3	41.0	49.6	54.5	46.3	62.4
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)	51.2	46.4	55.9	53.2	48.8	57.5	47.6	39.6	55.7
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)	75.0	70.7	78.9	73.7	69.7	77.4	69.0	60.9	76.0
In your opinion, in what quantities should a product be consumed with this disclaimer? Very small quantities	67.8	63.3	72.1	69.2	65.0	73.0	71.0	63.1	77.9
How severe is the disclaimer in front of the product Not enough	14.6	11.6	18.2	10.9	8.4	13.9	19.3	13.7	26.6

Correct	64.6	59.9,	69.0	59.9	55.5,	64.1	52.4	44.3,	60.4
Too hard	10.0	7.5,	13.2	15.4	12.5,	18.8	17.9	12.5,	25.1

Caffeine disclaimer

Would you continue to buy a product that contains this disclaimer? (Strongly disagree - totally disagree)	40.5	36.0,	45.2	41.1	36.9,	45.5	56.6	48.3,	64.4
This disclaimer will help me decide whether or not to buy a product (Strongly agree - totally agree)	46.3	41.6,	51.0	48.8	44.5,	53.2	45.5	37.6,	53.7
How often would you give a product with this disclaimer to a child (if you had a son or daughter)? (almost never)	82.6	78.8,	85.9	81.6	78.0,	84.8	75.9	68.2,	82.2
In your opinion, in what quantities should a product be consumed with this disclaimer? (Very small quantities)	64.1	59.5,	68.5	63.8	59.5,	67.9	72.4	64.5,	79.1
How severe is the disclaimer in front of the product									
Not enough	15.0	12.0,	18.7	10.5	8.1,	13.5	15.2	10.2,	22.0
Correct	65.5	60.9,	69.9	64.0	59.7,	68.1	56.6	48.3,	64.4
Too hard	9.7	7.3,	12.9	13.6	10.9,	16.9	18.6	13.1,	25.8
