

Table 1: Characteristics of included cohort studies on the association between fluid intake and mortality in adults aged &gt;18 years

Author	Country	Age*	n	Follow up (year)	Cases	Exposure	Exposure assessment	Outcome	Comparison	ES (95% CI)**	Adjustment†
Lim et al. 2017	Australia	>70	F: 1055	10	142	Total fluid Plain water	beverage intake questionnaire	CVD mortality	Per one cup	HR: 0.98 (0.93-1.03) HR: 1.02 (0.95-1.10)	1,5
Lim et al. 2017	Australia	>70	F: 1055	10	362	Total fluid Plain water	life style questionnaire	All-cause mortality	Per one cup	HR: 0.98 (0.95-1.01) HR: 0.99 (0.95-1.04)	1,5
Chan et al. 2002	USA	>38	F: 12017	6	118	Plain water Fluids other than water	life style questionnaire	CVD mortality	T3 vs. T1	RR: 0.52 (0.27-1.03) RR:3.32 (1.18-9.30)	1,5,6,7,9,10,11,13
Chan et al. 2002	USA	38	M: 8280	6	128	Plain water Fluids other than water	life style questionnaire	CVD mortality	T3 vs. T1	RR: 0.39 (0.22-0.67) RR: 1.34 (0.59-3.04)	1,5,6,7,9,10,11,13
Cui et al. 2018	Japan	40-79	F: 35362	19.1	1707	Total water	FFQ, self-reported	CVD mortality	Q5 vs. Q1	HR: 0.79 (0.66-0.95)	1,5,7,8,9,10,11,
Cui et al. 2018	Japan	40-79	M: 22939	19.1	1637	Total water	FFQ, self-reported	CVD mortality	Q5 vs. Q1	HR: 0.88 (0.72-1.07)	1.5.7.8.9.10.11
Palmer et al. 2014	Australia	>49	M/F: 3858	13.1	547	Total fluid	FFQ, self-reported	CVD mortality	Q4 vs. Q1	HR: 0.91 (0.70-1.19)	1,6,10
Palmer et al. 2014	Australia	>49	M/F: 3858	13.1	547	Total fluid	FFQ, self-reported	All-cause mortality	Q4 vs. Q1	HR: 0.91 (0.68-1.21)	1,6,10
Wu et al. 2016	USA	>20	2128	15.4	473	Total fluid	24-h recall, interview	CVD mortality (non-CKD)	Q4 vs. Q1	HR: 0.98 (0.75-1.28)	1,2,3,4,5,11
Wu et al. 2016	USA	>20	2182	15.4	473	Total fluid	24-h recall	CVD mortality (non CKD)	Q4 vs. Q1	HR: 1.00 (0.76-1.30)	1,2,3,4,5,11
Leurs et al. 2010	Netherlands	55-69	F: 2958	10	537	Total fluid Plain water	FFQ, self-reported	IHD mortality	Q4 vs. Q1	HR: 1.04 (0.67-1.61) HR: 0.70 (0.37-1.34)	1,7,11
Leurs et al. 2010	Netherlands	55-69	M: 3509	10	1252	Total fluid Plain water	FFQ, self-reported	IHD mortality	Q4 vs. Q1	HR: 1.03 (0.73-1.47) HR: 1.33 (0.76-2.36)	1,7,11
Leurs et al. 2010	Netherlands	55-69	F: 2958	10	291	Total fluid Plain water	FFQ, self-reported	Stroke mortality	Q4 vs. Q1	HR: 0.60 (0.31-1.15) HR: 0.49 (0.19-1.24)	1,7,11
Leurs et al. 2010	Netherlands	55-69	M: 3509	10	417	Total fluid. Plain water	FFQ, self-reported	Stroke mortality	Q4 vs. Q1	HR: 0.77 (0.45-1.30) HR: 0.85 (0.31-2.29)	1,7,11
Kant et al. 2017	USA	>25	F: 12660	10	3032	Total water Plain water	24-h recall-interview	All-cause mortality	Q4 vs. Q1	HR: 1.15 (0.96-1.39) HR: 0.98 (0.83, 1.14)	3,4,5,8,11
Kant et al. 2017	USA	>25	M: 12050	10	3504	Total water Plain water	24-h recall-interview	All-cause mortality	Q4 vs. Q1	HR: 1.24 (1.09-1.42) HR: 1.15 (1.00, 1.33)	3,4,5,8,11

Abbreviation: HR: hazard ratio- RR: risk ratio- CI: confidence interval- M: male- F: female- FFQ: food frequency questionnaire- US: United States-

\*Presented as mean or range

\*\*Effect size

†Adjustments: age (1), gender (2), race (3), ethnicity (4), BMI (5), Fluid intake (6), total energy (7), alcohol consumption (8), education (9), family history of CVD (10), smoking (11), physical activity (12), hypertension (13)