

**Table 1.** Selected baseline characteristics of the study participants ( $N= 36$ ) who completed both the two 4-week intervention periods (placebo and hops) of this double-blind, randomized, crossover study

<b>Baseline variable</b>	<b>Study cohort (<math>N= 36</math>)</b>
Gender (Females/Males)	31/5
Age (years)	$24.7 \pm 0.5$
Body Weight (kg)	$62.1 \pm 1.3$
BMI ( $\text{kg}/\text{m}^2$ )	$22.7 \pm 0.4$
Fat Mass (% BW)	$23.8 \pm 0.8$
Total Body Water (% BW)	$49.9 \pm 0.5$
Extra Cellular Water (% BW)	$47.1 \pm 0.4$
DASS-21 Depression Score	$11.9 \pm 1.0$
DASS-21 Anxiety Score	$8.8 \pm 0.8$
DASS-21 Stress Score	$18.4 \pm 1.1$
Morning Plasma Cortisol ( $\mu\text{g}/\text{dL}$ )	$18.1 \pm 0.7$

BMI: body mass index; BW: body weight; DASS-21: Depression anxiety stress scale-21; Data presented as means  $\pm$  standard error.