

Electronic Supplementary Material 1: Bibliographic Databases Search Scheme

The following searches and retrieval of references have been conducted on 25/05/2023.

Web of Science:

- The search was conducted in the: “Web of Science Core Collection”.
- 4 editions were selected: “Science Citation Index ExpandedTM (SCITM Expanded)”; “Conference Proceedings Citation Index – Science (CPCI-S)–1990–present”; “Index Chemicus (IC)”, and “Emerging Sources Citation Index (ESCI)”.
- “Publication Date” was limited between 1990-01-01 to 2023-05-25.
- After selecting “Advanced Search”, the following keywords and boolean operators were inserted in the “Query Preview” field:
- (ALL=(“esport*” OR “e-sport*” OR “e-gamer*” OR “egamer*” OR “video gamer*” OR “cognitive enhancement”)) AND ALL=(“nutrition” OR “nutrient*” OR “supplement*” OR “nootropic*” OR “caffeine”)
- This search provided 986 results, which were posteriorly refined for:
- Document types: Articles; Proceeding Paper; Meeting Abstract; Early Access; Correction.
- Languages: English
- This reduced the results to 462 items, which were exported in Endnote Desktop format with “Author, Title, Source, and Abstract” information.

PubMed:

On Advanced Search, the following keywords and boolean operators were inserted in the “Query Preview” field: (“esport*” OR “e-sport*” OR “e-gamer*” OR “egamer*” OR “video gamer*” OR “cognitive enhancement”) AND (“nutrition” OR “nutrient*” OR “supplement*” OR “nootropic*” OR “caffeine”)

This initial search returned 496 references and was further limited by:

- Article type: Classical Article, Clinical Conference, Clinical Study, Clinical Trial, Clinical Trial Protocol, Comparative Study, Congress, Controlled Clinical Trial, Corrected and Republished Article, English Abstract, Multicenter Study, Pragmatic Clinical Trial, Preprint, Published Erratum, Randomized Controlled Trial, Twin Study, Validation Study.
- Language: English
- Species: Humans
- Publication Date – Custom Range: 1990-01-01 to 2023-05-25

The application of the filters narrowed the results to 72 references, which were downloaded by selecting the “Send to” and “Citation manager” options.

Scopus:

On Basic Search, and the “Search within” dropdown list, the option “Article title, Abstract, Keyword” was selected. The following keywords and boolean operators were inserted in the search fields: “esport*” OR “e-sport*” OR “e-gamer*” OR “egamer*” OR “video gamer*” OR “cognitive enhancement”

Another search field was added, choosing the Boolean operator “AND” and the following keywords and boolean operators were introduced: “nutrition” OR “nutrient*” OR “supplement*” OR “nootropic*” OR “caffeine”

On the same page/tab, the search was limited to – “Published from”: 1990 to the present (2023-05-25).

This search returned 516 items, which were further filtered. On the “Subject Area”, the following were excluded: Nursing; Social Sciences; Agricultural and Biological Sciences; Arts and Humanities; Business, management, and Accounting; Environmental Science; Immunology and Microbiology; Economics, Econometrics, and Finance; Mathematics; Engineering.

The results were additionally filtered by:

- Document type: Article; Conference Paper
- Source type: Journal; Conference Proceeding
- Language: English

This search scheme generated 231 document results, which were exported by selecting all items by selecting the checkbox in “All” and then “Export”, checking the “RIS format” and “Abstract & keywords” checkboxes, and then clicking on the “Export” button.

Google Scholar:

Herzing’s Publish or Perish software (version 8.8.42775.8412) was used to conduct the search and retrieve citations from Google Scholar.

The search was limited to articles published between 1990 and 2023; the “maximum number of results” was set to 1000. On the “Include” field, the “Include patents” checkbox was left unchecked.

The following set of keywords and boolean operators were inserted in the “keywords” field: “esport” | “e-sport” | “e-gamer” | “egamer” | “video” | “gamer” | “cognitive-enhancement”
“nutrition” | “nutrient” | “supplement” | “nootropic” | “caffeine”

This procedure returned 980 references, which were then saved and exported in EndNote format.

Esports Research Network:

The complete Esports Research Network database, which contained a total of 1723 items was screened by reading the titles and searching for relevant keywords related to nutrition, nutrient, supplement, nootropic, or caffeine.

Review articles were excluded as well as those written in languages other than English.

The search returned five potentially relevant items, and their citations were retrieved by searching on google scholar.