| **Supplementary Table 1**. Association of menopausal status-stratified HGS with green tea consumption in females with *ACTN3* XX genotype: adjusted mean and 95% confidence intervals |
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| Green tea consumption | Adjusted means§ | 95% CIs§ |
| ***Postmenopausal status, n = 135*** |  |  |
| Almost none | 19.5 | 16.9–22.1 |
| <1 cup/day | 23.3 | 20.7–25.9 |
| 1–2 cups/day | 24.0 | 22.7–25.4 |
| ≥3 cups/day | 23.5 | 22.7–24.3 |
| *P* for trend | **0.048** |  |
|  |  |  |
| ***Premenopausal status, n = 28*** |  |  |
| Almost none | 27.8 | 20.5–35.1 |
| <1 cup/day | 21.9 | 15.7–28.1 |
| 1–2 cups/day | 24.6 | 20.4–28.8 |
| ≥3 cups/day | 28.0 | 24.2–31.8 |
| *P* for trend | 0.565 |  |

HGS, handgrip strength; *ACTN3*, alpha-actinin-3; XX, homozygous low functional genotype; CI, confidence interval. § Adjusted means and 95% confidence intervals are adjusted for the following covariates: age, fat mass index, smoking status, alcohol consumption, total energy intake, protein intake, coffee consumption, and physical activity level.