

Caffeine Sources & Content		
	Source	Content (mg)
<b>Coffee</b>	Plain, brewed (8oz)	135 (range 102-200)
	Instant (8oz)	95 (range 27-173)
	Espresso (1oz)	40 (range 30-90)
	Plain, decaffeinated (8oz)	5 (range 3-12)
<b>Tea</b>	Green (8oz)	53 (range 40-120)
	Black (8oz)	40-70
<b>Soda</b>	Barq's root beer	22
	Coca-Cola Classic (12oz)	3
	Diet Coke (12oz)	47
	Dr. Pepper (12oz)	42
	Diet Dr. Pepper (12oz)	44
	Jolt Cola (12oz)	72
	Mountain Dew regular or diet (12oz)	54
	Mountain Dew, MDX, regular or diet (12oz)	72
	Pepsi-Cola (12oz)	38
	Diet Pepsi (12oz)	36
	Sunkist Orange (12oz)	42
	Tab (12oz)	46.5
	Vault (12oz)	71
<b>Energy Drinks</b>	Full Throttle (16oz)	144
	Monster (16oz)	160
	Red Bull (8.5oz)	80
	Rip It (8oz)	100
	Sobe No Fear (8oz)	130
	Spike Shooter (8.4oz)	300
<b>Sweets</b>	Milk chocolate bar (1.5oz)	9
	Sweet chocolate bar (1.45oz)	37
	Cocoa powder mix (3tsp)	5
	Hershey's Special chocolate bar (1.45oz)	31
	Hot cocoa (8oz)	9 (range 3-15)
	Jolt caffienated gum (1 stick)	33
	Ready-to-eat chocolate pudding (4oz)	9
	Ben & Jerry's Coffee Heath Bar Crunch (8oz)	84
	Ben & Jerry's Coffee Flavored Ice Cream (8oz)	68
	Häagen-Dazs Coffee ice cream (8oz)	58
	Häagen-Dazs Coffee frozen yogurt (8oz)	58
<b>Medications</b>	Excedrin Extra Strength (1 tablet)	65
	Bayer Select Maximum Strength (1 tablet)	64.5
	Midol Menstrual Maximum Strength (1 tablet)	60
	NoDoz Maximum Strength (1 tablet)	200
	Pain reliever tablets	65

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