

Caffeine Content of Food and Drugs

Product	Serving Size	Caffeine (mg)
Coffees		
Coffee, generic brewed	8 oz.	133 (range: 102-200) (16 oz. = 266)
Starbucks Brewed Coffee (Grande)	16 oz.	320
Einstein Bros. regular coffee	16 oz.	300
Dunkin' Donuts regular coffee	16 oz.	206
Starbucks Vanilla Latte (Grande)	16 oz.	150
Coffee, generic instant	8 oz.	93 (range: 27-173)
Coffee, generic decaffeinated	8 oz.	5 (range: 3-12)
Starbucks Espresso, doppio	6.5 oz.	150
Starbucks Frappuccino Blended Coffee Beverages, average	9.5 oz.	115
Starbucks Espresso, solio	1 oz.	75
Einstein Bros. Espresso	1 oz.	75
Espresso, generic	1 oz.	40 (range: 30-90)
Starbucks Espresso decaffeinated	1 oz.	4
Teas		
Tea, brewed	8 oz.	53 (range: 40-120)
Starbucks Tazo Chai Tea Latte (Grande)	16 oz.	100
Snapple, Lemon (and diet version)	16 oz.	42
Snapple, Peach (and diet version)	16 oz.	42
Snapple, Raspberry (and diet version)	16 oz.	42
Arizona Iced Tea, black	16 oz.	32
Nestea	12 oz.	26
Snapple, Just Plain Unsweetened	16 oz.	18
Arizona Iced Tea, green	16 oz.	15
Snapple, Kiwi Teawi	16 oz.	10

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Product	Serving Size	Caffeine (mg)
Soft Drinks		
FDA official limit for cola and pepper soft drinks	12 oz.	72
Vault	12 oz.	71 (20 oz. = 118)
Jolt Cola	12 oz.	72
Mountain Dew MDX, regular or diet	12 oz.	71 (20 oz. = 118)
Coke Blak	12 oz.	69 (20 oz. = 115)
Code Red, regular or diet	12 oz.	54 (20 oz. = 90)
Mountain Dew, regular or diet	12 oz.	54 (20 oz. = 90)
Pepsi One	12 oz.	54 (20 oz. = 90)
Mello Yellow	12 oz.	53
Diet Coke	12 oz.	47 (20 oz. = 78)
Diet Coke Lime	12 oz.	47 (20 oz. = 78)
TAB	12 oz.	46.5
Pibb Xtra, Diet Mr. Pibb, Pibb Zero	12 oz.	41 (20 oz. = 68)
Pepsi	12 oz.	38 (20 oz. = 63)
Pepsi Lime, regular or diet	12 oz.	38 (20 oz. = 63)
Pepsi Twist	12 oz.	38 (20 oz. = 63)
Pepsi Wild Cherry, regular or diet	12 oz.	38 (20 oz. = 63)
Diet Pepsi	12 oz.	36 (20 oz. = 60)
Dr. Pepper	12 oz.	41 (20 oz. = 68)
Dr. Pepper diet	12 oz.	41 (20 oz. = 68)
Pepsi Twist diet	12 oz.	36 (20 oz. = 60)
Coca-Cola Classic	12 oz.	35 (20 oz. = 58)
Coke Black Cherry Vanilla, regular or diet	12 oz.	35 (20 oz. = 58)
Coke C2	12 oz.	35 (20 oz. = 58)
Coke Cherry, regular or diet	12 oz.	35 (20 oz. = 58)
Coke Lime	12 oz.	35 (20 oz. = 58)
Coke Vanilla	12 oz.	35 (20 oz. = 58)
Coke Zero	12 oz.	35 (20 oz. = 58)
Barq's Diet Root Beer	12 oz.	23 (20 oz. = 38)
Barq's Root Beer	12 oz.	23 (20 oz. = 38)
7-Up, regular or diet	12 oz.	0
Fanta, all flavors	12 oz.	0
Fresca, all flavors	12 oz.	0
Mug Root Beer, regular or diet	12 oz.	0
Pepsi Vanilla	12 oz.	0
Sierra Mist, regular or Free	12 oz.	0
Sprite, regular or diet	12 oz.	0

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Product	Serving Size	Caffeine (mg)
Energy Drinks		
Spike Shooter	8.4 oz.	300
Cocaine	8.4 oz.	280
Monster Energy	16 oz.	160
Full Throttle	16 oz.	144
Rip It, all varieties	8 oz.	100
Enviga	12 oz.	100
Tab Energy	10.5 oz.	95
SoBe No Fear	8 oz.	83
Red Bull	8.3 oz.	80
Red Bull Sugarfree	8.3 oz.	80
Rockstar Energy Drink	8 oz.	80
SoBe Adrenaline Rush	8.3 oz.	79
Amp	8.4 oz.	74
Glaceau Vitamin Water Energy Citrus	20 oz.	50
SoBe Essential Energy, Berry or Orange	8 oz.	48
Product		
Serving Size		
Caffeine (mg)		
Frozen Desserts		
Ben & Jerry's Coffee Heath Bar Crunch	8 fl. oz.	84
Ben & Jerry's Coffee Flavored Ice Cream	8 fl. oz.	68
Haagen-Dazs Coffee Ice Cream	8 fl. oz.	58
Haagen-Dazs Coffee Light Ice Cream	8 fl. oz.	58
Haagen-Dazs Coffee Frozen Yogurt	8 fl. oz.	58
Haagen-Dazs Coffee & Almond Crunch Bar	8 fl. oz.	58
Starbucks Coffee Ice Cream	8 fl. oz.	50-60
Chocolates/Candies/Other		
Jolt Caffeinated Gum	1 stick	33
Hershey's Special Dark Chocolate Bar	1.45 oz.	31
Hershey's Chocolate Bar	1.55 oz.	9
Hershey's Kisses	41g (9 pieces)	9
Hot Cocoa	8 oz.	9 (range: 3-13)
OTC Drugs		
NoDoz (Maximum Strength)	1 tablet	200
Vivarin	1 tablet	200
Excedrin (Extra Strength)	2 tablets	130
Anacin (Maximum Strength)	2 tablets	64

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