



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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| Soft Drinks | | |
| FDA official limit for cola and pepper soft drinks | 12 oz. | 71 |
| 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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| 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 |

May 2007. Most information was obtained from company Web sites or direct inquiries.

Additional information: Juliano, L.M. & Griffiths, R.R. (2005). "Caffeine." In Lowinson, J.H., Ruiz, P., Millman, R.B., Langrod, J.G. (Eds.). Substance Abuse: A Comprehensive Textbook, Fourth Edition. (pp 403-421). Baltimore: Lippincott, Williams, & Wilkins.

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