

Caffeine Content of Beverages

<u>Name</u>	<u>mls</u>	<u>Caffeine (mg)</u>	<u>mg / 100mls</u>
<u>A&W Cream Soda</u>	355	29	8
<u>Adina Natural Highs Coffee Energy Drink</u>	237	100	42
<u>All City NRG</u>	473	300	63
<u>Amp Lightning Charge</u>	473	160	34
<u>Barq's Root Beer</u>	355	22.5	6
<u>Blow (Energy Drink Mix)</u>	237	240	101
<u>Boo-Koo Energy</u>	710	360	51
<u>Celsius</u>	355	200	56
<u>Cherry Coke</u>	355	34	10
<u>Chocolate Milk</u>	237	5	2
<u>Clearly Canadian daily ENERGY</u>	591	80	14
<u>Club-Mate</u>	500	100	20
<u>Coca-Cola Classic</u>	355	34.5	10
<u>Coca-Cola Zero</u>	355	34.5	10
<u>Coffee (Brewed)</u>	237	107.5	45
<u>Coffee (Decaf, Brewed)</u>	237	5.6	2
<u>Coffee (Decaf, Instant)</u>	237	2.5	1
<u>Coffee (Drip)</u>	237	145	61
<u>Coffee (Espresso)</u>	44	77	175
<u>Coffee (Instant)</u>	237	57	24
<u>Crystal Light Energy</u>	473	120	25
<u>Crystal Light Iced Tea</u>	237	11.25	5
<u>Diet A&W Cream Soda</u>	355	22	6

Caffeine Content of Beverages

<u>Diet Cherry Coca-Cola</u>	355	34	10
<u>Diet Coke</u>	355	45	13
<u>Diet Mountain Dew</u>	355	55	15
<u>Diet Pepsi</u>	355	36	10
<u>Diet Pepsi Max</u>	355	69	19
<u>Dr Pepper</u>	355	41	12
<u>Full Throttle</u>	473	144	30
<u>Jolt Endurance Shot</u>	59	200	339
<u>Jolt Energy</u>	695	280	40
<u>McDonald's Large Coffee</u>	473	145	31
<u>McDonald's Small Coffee</u>	355	109	31
<u>Mello Yello</u>	355	52.5	15
<u>Mountain Dew</u>	355	55	15
<u>Nestea Iced Tea</u>	473	34	7
<u>Nestea Peach Green Tea</u>	591	42.4	7
<u>Pepsi-Cola</u>	355	38	11
<u>Rage</u>	473	200	42
<u>Red Bull</u>	245	80	33
<u>Red Bull Energy Shot</u>	59	80	136
<u>Red Devil</u>	473	160	34
<u>Redline Power Rush</u>	74	350	473
<u>Rip It Energy Fuel</u>	237	100	42
<u>Rockstar</u>	473	160	34
<u>Rockstar Citrus Punched</u>	473	240	51
<u>Snapple Elements</u>	532	108	20

Caffeine Content of Beverages

<u>Snapple Tea</u>	473	42	9
<u>SoBe No Fear</u>	473	174	37
<u>Starbucks Bottled Frappucino</u>	281	90	32
<u>Starbucks Grande Caffè Americano</u>	473	225	48
<u>Starbucks Grande Caffè Latte</u>	473	150	32
<u>Starbucks Grande Caffè Mocha</u>	473	175	37
<u>Starbucks Grande Cappuccino</u>	473	150	32
<u>Starbucks Grande Coffee</u>	473	330	70
<u>Starbucks Grande Decaf Coffee</u>	473	12.7	3
<u>Starbucks Grande Iced Espresso Drinks</u>	473	150	32
<u>Starbucks Short Coffee</u>	237	180	76
<u>Starbucks Tall Caffè Americano</u>	355	150	42
<u>Starbucks Tall Caffè Latte</u>	355	75	21
<u>Starbucks Tall Caffè Mocha</u>	355	95	27
<u>Starbucks Tall Cappuccino</u>	355	75	21
<u>Starbucks Tall Coffee</u>	355	260	73
<u>Starbucks Tall Decaf Coffee</u>	355	9.5	3
<u>Starbucks Tall Iced Espresso Drinks</u>	355	75	21
Tea (Brewed)	237	47	20
Tea (Brewed, Imported)	237	60	25
<u>Tea (Green)</u>	237	25	11
Tea (Iced)	237	47	20
Tea (Instant)	237	26	11
<u>tea (white)</u>	237	15	6

Caffeine Content of Beverages

Tim Hortons Large Coffee	591	200	34
Tim Hortons Large English Toffee	591	112	19
Tim Hortons Small Coffee	296	100	34
Tim Hortons Small French Vanilla	296	56	19
