

Preparations

<u>Substance</u>	<u>Caffeine Content (mg)</u>	
	<u>Average</u>	<u>Range</u>
Coffee (5 oz cup)		
Drip	115	60 – 180
Percolator	80	40 – 170
Instant	65	30 – 120
Decaf, brewed	3	2 – 5
Decaf, instant	2	1 – 5
Espresso (2 oz)	100	
Tea (5 oz cup)		
Brewed, major US brands	40	20 – 90
Brewed, imported	60	25 – 110
Instant	30	25 – 50
Iced (12 oz glass)	70	67 – 76
Chocolate		
Chocolate milk (8 oz glass)	5	2 – 7
Milk Chocolate (1 oz)	6	1 – 15
Hershey Bar (1.55 oz)	10	
Dark Chocolate (1 oz)	20	5 – 35
Soda (12 oz)		40 – 60
Red Bull (8.3 oz can)	80	
Jolt	71	
Mountain Dew	55	
Coke	46	
No Doz	100	
Vivarin	200	
Diet supplements	200/dose	