

Caffeine

Background

		Caffeine (mg)	
		Avg	Range
Coffee			
Drip	5 oz	115	60 - 180
Instant	"	65	30 - 120
Decaf	8 oz	2 - 3	1 - 5
Espresso	2 oz	100	
SB Grande Cappucino / Latte	16 oz	150	
SB Grande Coffee	"	330	
Tea			
Brewed, US brands & imported	5 oz	40-60	20 - 110
Instant	"	30	25 - 50
Chocolate			
Chocolate milk	8 oz	5	2 - 7
Milk Chocolate (Hershey)	1.55 oz	10	1.67 - 25
Dark Chocolate	1 oz	20	5 - 35
Soda			
All	12 - 20 oz	50	0 - 100
Coke	"	46	
Mountain Dew	"	55	
Jolt	"	71	

Starbucks
Short 8oz
Tall 12oz
Grande 16oz
Venti 20oz

Preparations

5 oz ?!

Background

		Caffeine (mg)	
		Avg	Range
Energy Drinks (dietary supplements*)			
Red Bull	8.3 / 2 oz	80	
Monster	16 / 2.5 oz	175	160 - 240
Redline	8 oz	250	
Redline	2.5 oz	350	
Rockstar	16 - 22 oz	226	160 - 330
Fixx Extreme	.17 oz	400	
Wired X 550			
Tablets per dose			
No Doz		100	
Vivarin		200	
Appetite suppressants		200	

2 oz = 4 tbsp!

< 1 tsp

* circumvents FDA limits <71 mg/12oz