

TABLE 24.1. Caffeine content of common foods and medications

Product	Serving size (volume or weight)	Typical caffeine content (in mg)	Range (in mg)
Coffee			
Brewed/drip	6 oz	100	77–150
Starbucks drip coffee	16 oz	400	
Espresso	1 oz	40	30–90
Starbucks espresso	1 oz	90	
Instant	6 oz	70	20–130
Decaffeinated	6 oz	4	2–9
Tea			
Brewed	6 oz	40	30–90
Instant	6 oz	30	10–35
Canned or bottled	12 oz	20	8–32
Soft drinks			
Typical caffeinated soft drink	12 oz	40	22–71.5
Jolt Cola	12 oz	71.5	
Mountain Dew/Diet Mountain Dew	12 oz	55	
Pepsi One	12 oz	55	
Surge	12 oz	51	
Mellow Yellow/Diet Mello Yellow	12 oz	51	
TAB	12 oz	47	
Diet Coke	12 oz	45	
RC Cola	12 oz	43.2	
Diet Sunkist	12 oz	42	
Sunkist	12 oz	41	
Dr. Pepper/Diet Dr. Pepper	12 oz	41	
Mr. Pibb/Diet Mr. Pibb	12 oz	40	
Pepsi-Cola	12 oz	38	
Diet Pepsi	12 oz	36	
Coke Classic	12 oz	34	
Cherry Coke	12 oz	34	
A&W Cream Soda	12 oz	29	
A&W Diet Cream Soda	12 oz	22	
Barq's Root Beer	12 oz	22	
7Up/Diet 7Up	12 oz	0	
Mug Root Beer	12 oz	0	
Sprite/Diet Sprite	12 oz	0	
Slice	12 oz	0	
Canada Dry Ginger Ale	12 oz	0	
Cocoa/hot chocolate	6 oz	7	2–10
Chocolate milk	6 oz	4	2–7
Chocolate			
Milk Chocolate Bar	1.5 oz	10	2–10
Dark Chocolate Bar	1.5 oz	30	5–35
Caffeinated water			
Typical amount	16.9 oz	60	50–200
Water Joe	16.9 oz	60	
Nitro Water	16.9 oz	56	
Buzzwater	16.9 oz	100 or 200	
Energy drinks			
Typical amount	8.4 oz	80	38–80
Red Bull	8.45 oz	80	
Sobe Adrenaline Rush	8.3 oz	86	
AMP	8.4 oz	75	
KMX	8.4 oz	38	
Coffee ice cream or yogurt			
Dannon Coffee Yogurt	8 oz (1 cup)	50	8–85
Starbucks Coffee Ice Cream	8 oz	44.5	
		60	
Miscellaneous foods and beverages			
Starbucks bottled Frappuccino	9.5 oz	95	
Powerbar Tangerine Powergel	41 g	50	
Jolt Caffeinated gum	1 stick	33	
Penguin Peppermints	1 mint	7	
Stimulants			
Typical	1 tablet	100 or 200	75–350
Vivarin	1 tablet	200	
No-Doz	1 tablet	100 or 200	
Analgesics (over-the-counter and prescription)			
Typical	2 tablets	64 or 130	64–130
Anacin	2 tablets	64	
Excedrin	2 tablets	130	
Goody's Headache Powder	1 powder packet	32.5	
Floralin	2 tablets	80	
Darvon	1 tablet	32.4	
Weight-loss products/sports nutrition			
Typical	2–3 tablets	80–250	80–250
Metabolife 356	2 caplets	80	
Dexatrim Natural	1 caplet	80	
EAS Betalean	2 tablets	200	
Stacker 3	1 caplet	250	

1 fluid oz = 30 mL; 1 oz weight = 28 g; Serving sizes are based on commonly consumed portions, typical container sizes, or pharmaceutical instructions. Data are from the National Coffee Association (2001), National Soft Drink Association (2003), Center for Science in the Public Interest (2003), *Physicians Desk Reference* (2003), Barone and Roberts (1996; ref.14), Carrillo and Benitez (2000; ref. 26); Internet web sites for Hershey's Foods (2003), Water Joe (2003), Nitro Water (2003), Buzzwater (2003), Red Bull (2003), Lindt and Sprüngli AG (2001), AMP Energy Drink (2003), Powerbar (2003), Dexatrim (2003), Twinlab Corp (2001), Vivarin (2003), No-Doz (2003), Anacin (2003), Excedrin (2003); personal communication with Starbucks (2001, 2003), Ifive brands (Penguin peppermints) (2002), Jolt Gum (2003), Sobe (2003); and product labels for Goody's Headache Powder (2003), Metabolife 356 (2003), EAS Betalean (2003), Stacker 3 (2003).