

Caffeine Content of Popular Beverages

Product	Serving Size (ounces)	Caffeine Content (milligrams)	Caffeine Content per Ounce
Decaffeinated coffee	8	5-6	<1
Tea (leaves)	8	53	6.6
Tea (bottle)	8	40-80	5-10
Instant coffee	8	40-108	5-13.5
Brewed coffee	8	80-135	10-16.9
Coffee (Starbuck's)	8	150	18.8
Espresso (generic)	1	40	40
Espresso (Starbuck's)	1	75	75
Coca-cola Classic	12	34.5	2.9
Pepsi Cola	12	38	3.2
Dr Pepper	12	42	3.5
Mountain Dew	12	54	4.5
Vault	12	71	5.9
Amp	8.4	75	8.9
Full Throttle	16	144	9
Red Bull	8.3	80	9.6
Monster	16	160	10
Rockstar	16	160	10
No Fear	16	174	10.9
Jolt Cola	23.5	280	11.9
Rip It	8	100	12.5
BooKoo Energy	24	360	15
Wired X505	24	505	21
Fixx	20	500	25
Cocaine Energy Drink	8.4	280	33.3
SPIKE Shooter	8.4	300	35.7
925 Energy Shot	2	120	60
NOS Power Shot	2	125	62.5
Fuel Cell	2	180	90
CHARGE! Super Shot	2	200	100
Extreme Energy	2	220	110
Mana Energy Potion	1.35	160	118.5
Redline Power Rush	2.5	350	140
Ammo	1	171	171

**Content information courtesy of Johns Hopkins University and Center for Science in the Public Interest (CSPI).*

Caffeine Content of Other Products

Product	Servings/Container	Caffeine Content (milligrams)	Caffeine Content per Package
Night Light Mints	38 mints	1.5	57
Crackheads Candy	30 candies	4.0	120
Black Black Gum	9 pieces	5.0	45
Penguin Mints	75 mints	7.0	525
Jolt Mint Flurry	45 mints	8.5	382.5
Vojo Mints	40 mints	10.0	400
Warp Mints	60 mints	10.0	600
Jolt Gum	12 pieces	12.7	152.4
Buzz Strong's Cookies	12 cookies	20	240
Crackheads2 Candy	30 candies	20	600
NRage Energy Strips	16 strips	20	320
Think Gum	12 pieces	20	240
Headshot Gamer Bar	1 bar	22	22
YJ Stinger Mint	21 mints	22.7	476.7
Diablo Strips	18 strips	25.0	450
Loud Truck Gummies	1 pkg.	32	32
Kickbutt Energy Ballz	4 pieces	40.0	160
Mad-Croc Gum	10 pieces	40.0	400
Rocket Chocolate	1 piece	42.0	42
Jelly Belly Extreme	1 pkg.	50	50
Blitz Energy Gum	8 pieces	55	440
Javapops Suckers	10 suckers	60	600
B&J Coffee Ice Cream	1 cup	70	70
Pepp Energy Gum	12 pieces	77	924
VE2 Energy Gum	10 pieces	80	800
Umph Tablets	1 tablet	99	99
Stay Alert Gum	6 pieces	100.0	600
Uber Cube	6 pieces	100.0	600
Foosh Energy Mint	6 mints	100.3	601.8
Buzz Bite Chews	6 chews	102.6	615.6
SumSeeds Sunflower	1 pkg.	120	120
XTZ Turbo Truffle	1 piece	150	150
NRG Potato Chips	1 pkg.	175	175
Pitbull Energy Bars	1 bar	188	188

**Content information courtesy of various sources including industry and company websites.*