



Caffeine - The Drug of Choice!

Caffeine content can range from as much as 436 milligrams in some coffee drinks to as little as 4 milligrams in a 1-ounce serving of chocolate-flavored syrup. Even decaffeinated coffee isn't completely free of caffeine. Caffeine is also present in some over-the-counter pain relievers, cold medications, and diet pills. These products can contain as little as 16 milligrams or as much as 200 milligrams of caffeine. In fact, caffeine itself is a mild painkiller and increases the effectiveness of other pain relievers.

Coffee	Caffeine(mg)
Dunkin' Donuts Coffee with Turbo Shot (large, 20 fl. oz.)	436
Starbucks Coffee (venti, 20 fl. oz.)	415
Starbucks Coffee (grande, 16 fl. oz.)	330
Panera Frozen Mocha (16.5 fl. oz.)	267
Starbucks Coffee (tall, 12 fl. oz.)	260
Starbucks Caffè Americano (grande, 16 fl. oz.)	225
Panera Coffee (regular, 16.8 fl. oz.)	189
Starbucks Espresso Frappuccino (venti, 24 fl. oz.)	185
Dunkin' Donuts Coffee (medium, 14 fl. oz.)	178
Starbucks Caffè Mocha (grande, 16 fl. oz.)	175
Starbucks Iced Coffee (grande, 16 fl. oz.)	165
Maxwell House Ground Coffee—100% Colombian, Dark Roast, Master Blend, or Original Roast (2 Tbs., makes 12 fl. oz.)	100-160
Dunkin' Donuts Cappuccino (large, 20 fl. oz.)	151
Starbucks—Caffè Latte, Cappuccino, or Caramel Macchiato (grande, 16 fl. oz.)	150
Starbucks Espresso (doppio, 2 fl. oz.)	150
Keurig Coffee K-Cup, all varieties (1 cup, makes 8 fl. oz.)	75-150
Folgers Classic Roast Instant Coffee (2 tsp., makes 12 fl. oz.)	148
Starbucks Doubleshot Energy Coffee, can (15 fl. oz.)	146
Starbucks Mocha Frappuccino (venti, 24 fl. oz.)	140
Starbucks VIA House Blend Instant Coffee (1 packet, makes 8 fl. oz.)	135
McDonald's Coffee (large, 16 fl. oz.)	133
Maxwell House International Café, all flavors (2 ^{2/3} Tbs., makes 12-16 fl. oz.)	40-130
Seattle's Best Coffee—Iced Latte or Iced Mocha, can (9.5 fl. oz.)	90
Starbucks Frappuccino Coffee, bottle (9.5 fl. oz.)	90
International Delight Iced Coffee (8 fl. oz.)	76
Maxwell House Lite Ground Coffee (2 Tbs., makes 12 fl. oz.)	50-70
Dunkin' Donuts, Panera, or Starbucks Decaf Coffee (16 fl. oz.)	15-25
Maxwell House Decaf Ground Coffee (2 Tbs., makes 12 fl. oz.)	2-10

Tea	Caffeine(mg)
Starbucks Tazo Awake—Brewed Tea or Tea Latte (grande, 16 fl. oz.)	135
Starbucks Tazo Earl Grey—Brewed Tea or Tea Latte (grande, 16 fl. oz.)	115
Starbucks Tazo Chai Tea Latte (grande, 16 fl. oz.)	95

Tea - con't.	Caffeine(mg)
Starbucks Tazo Green Tea Latte—Iced or regular (grande, 16 fl. oz.)	80
Black tea, brewed for 3 minutes (8 fl. oz.)	30-80
Snapple Lemon Tea (16 fl. oz.)	62
Lipton Pure Leaf Iced Tea (18.5 fl. oz.) ¹	60
Green tea, brewed for 3 minutes (8 fl. oz.)	35-60
Lipton 100% Natural Lemon Iced Tea, bottle (20 fl. oz.)	35
Arizona Iced Tea, black, all varieties (16 fl. oz.)	30
Nestea Unsweetened Iced Tea Mix (2 tsp., makes 8 fl. oz.)	20-30
Arizona Iced Tea, Green, all varieties (16 fl. oz.)	15
Lipton Decaffeinated Tea—black or Green, brewed (8 fl. oz.) ¹	5
Herbal tea, brewed (8 fl. oz.)	0

Soft Drinks (12 fl. oz.)	Caffeine(mg)
Pepsi MAX	69
Mountain Dew—Diet or regular	54
Diet Coke	47
Dr Pepper or Sunkist—Diet or regular	41
Pepsi	38
Coca-Cola, Coke Zero, or Diet Pepsi	35
Barq's Root Beer, regular	23
7-Up, Fanta, Fresca, ginger ale, or Sprite	0
Root beer, most brands, or Barq's Diet Root Beer	0

Energy Drinks (16 fl. oz. unless noted)	Caffeine(mg)
5-hour Energy (1.9 fl. oz.)	208*
Full Throttle	200
Monster Energy	160
Rockstar	160
AMP Energy Boost Original	142
Red Bull (8.4 fl. oz.)	80
V8 V-Fusion+Energy (8 fl. oz.)	80
Ocean Spray Cran-Energy (8 fl. oz.)	55
Glacéau Vitaminwater Energy (20 fl. oz.)	50
Starbucks Refreshers (12 fl. oz.)	50

¹Average.

*Number from ConsumerLab.com analysis.

Sources: Company information, J. Anal. Toxicol. 32 : 702, 2008.