



### Caffeine Found In Foods and Drugs (in milligrams)

<u>Source</u>	<u>Caffeine</u>	<u>Source</u>	<u>Caffeine</u>
Coffee (5 ounces)		Stimulants	
Drip method	146	Caffedrine Capsules	200
Percolated	110	NoDoz Tablets	200
Instant regular	53	Vivarin Tablets	200
Decaffeinated	2	Pain Relievers	
Tea (5 ounces)		Anacin	64
One-minute brew	9 to 33	Excedrin	130
Three-minute brew	20 to 46	Midol	65
Five-minute brew	20 to 50	Plain Aspirin	0
Iced tea (12 ounces)	22 to 36	Tylenol	0
Cocoa and chocolate		Diuretics	
Cocoa (6 ounces)	10	Aqua-Ban	200
Milk choc, 1 oz.	6	Permathene H20ff	200
Baking choc, 1 oz.	35	Pre-Mens Forte	100
Soda (12 ounce can)		Cold Remedies	
Diet Mr. Pibb	52	Coryban-D	30
Mountain Dew	52	Dristan	32
Mello Yello	51	Triaminicin	30
Tab	44	Weight-control aids	
Shasta Cola	42	Dexatrim	200
Dr. Pepper	38	Dietac	200
Diet Dr. Pepper	37	Prolamine	280
Pepsi Cola	37		
Royal Crown Cola	36		
Diet Rite Cola	34		
Diet Pepsi	34		
Coca-Cola	34		
Mr. Pibb	33		
Cragmont Cola	Trace		
7-Up & Diet 7-Up	0		
Sprite	0		
RC-100	0		
Diet & Reg Sunkist	0		
Patio Orange	0		
Fanta Orange	0		
Fresca	0		
Hires Root Beer	0		
Other Sodas			
Red Bull (8.3 oz)	80		
Full Throttle (16 oz)	141		
No Fear (16 oz)	150		

Source: Consumer Reports