

Caffeine content in popular drinks (2024)



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Coffee	Size (Oz)	Caffeine (mg)
Drunkin' Donuts drip coffe	8	210
Dunkin' Donuts latter	14	166
Folgers Classic Roast (2 tbsp ground)	12	120-160
Starbucks drip coffe (Pike Place roast)	16	310
Starbucks drip coffe (Blonde roast)	16	360
Starbucks iced coffee	16	165
Starbucks latte (1 espresso shot)	12	75
Tea	Size (Oz)	Caffeine (mg)
Black tea	1 tea bag	55-60
Green tea	1 tea bag	35-58
Lipton lemon iced tea	16.9	21
Tazo organic iced black tea	13.8	31-45
Snapple lemon tea	16	37
Herbal teas	1 tea bag	0

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Soft Drinks	Size (Oz)	Caffeine (mg)
7-up (regular or diet)	12	71
Coca Cola (regular or zero)	12	43
Diet Coke	12	46
Dr. Pepper (regular or diet)	12	41
Ginger ale	12	0
Mountain Dew (Regular or diet)	12	54
Pepsi (regular or diet)	12	35-38
Sprite (regular or diet)	12	0
Energy Drinks	Size (Oz)	Caffeine (mg)
Alani Nu	12	200
Bang Energy	16	300
C4 Energy	16	200
Monster Energy	16	160
Red Bull	8.4	80
Prime Energy	12	200
GFuel (Pewdiepie)	16	300
Bum Energy	12	112

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