

## CAFFEINE COUNTS (p.1)

FDA finds that caffeine appears safe as a stimulant at doses of 100 to 200 mg (per day)

12 oz. "cup" of Starbucks coffee	190 mg
12 oz. Starbucks blended Frappuccino	190 mg
8 oz. General Foods Internatl' Swiss Mocha coffee	55 mg
8 oz. hot chocolate	5 mg
8 oz. leaf or bag tea	50 mg
16 oz. Snapple iced tea	42 mg
12 oz. Jolt Cola	72 mg
12 oz. Mountain Dew	56 mg
12 oz. Coca-Cola Classic	35 mg
12 oz. Diet Coke	47 mg
12 oz. regular or diet Dr. Pepper	42 mg
12 oz. Sunkist Orange soda	42 mg
12 oz. Pepsi Cola or RC Cola	38 mg
7.5 oz. Red Bull Energy drink	60 mg
8 oz. Haagen Dazs coffee ice cream	58 mg
8 oz. Dannon coffee yogurt	45 mg
1.5 oz. Hershey bar	30 mg (44 mg theobrm)
7 oz. regular drip coffee	115-175 mg
1.5 to 2 oz. espresso coffee	100 mg
7 oz. regular brewed coffee	80-135 mg
7 oz. instant coffee	65-100 mg
7 oz. regular brewed decaf. coffee	3-4 mg
7 oz. instant decaf. coffee	2-3 mg
12 oz. iced tea	70 mg
7 oz. brewed, imported tea	60 mg
7 oz. brewed, USA tea	40 mg (3-4mg theoph)
7 oz. instant tea	30 mg
7 oz. Mate	25-150 mg

## CAFFEINE COUNTS (p. 2)

No Doz	100 mg
Vivarin	200 mg
Anacin	32 mg
Excedrin	65 mg
Dristan	16 mg
Triaminicin	30 mg
Dexatrim	200 mg
Darvon Compound (Rx)	32 mg
Cafergot	100 mg
Fiorinal (Rx)	140 mg
Bromo-Seltzer	32 mg
Midol	32 mg