

Source: Mayo Clinic Website (mayoclinic.com)	Milligrams of Caffeine
7 Up	0
Fanta	0
Sprite	0
Decaf Coffee (1 cup)	2
Hershey's Chocolate Bar (1.55 oz.)	9
Lipton Brisk Iced Tea (12 oz.)	10
Nestea (12 oz.)	17
Snapple Iced Tea (16 oz.)	18
Hershey's Special Dark Chocolate Bar (1.45 oz.)	18
A&W Crème Soda	29
Jolt Caffeinated Gum (1 stick)	33
Cherry Coca-Cola	35
Coca-Cola Classic	35
Diet Pepsi	35
Pepsi	38
Green tea (one cup)	40
Dr. Pepper	41
Sunkist Orange Soda	41
Black tea (one cup)	47
Diet Coke	47
Tab	47
Mountain Dew	54
Starbucks Coffee Ice Cream (8 oz.)	55
Haagen-Dazs Coffee Ice Cream (8 oz.)	60
Instant coffee (one cup)	62
Espresso (1 fluid ounce)	64
Red Bull (8.3 oz.)	76
Brewed coffee (one cup)	95
Enviga energy drink (12 oz.)	100
Foosh Energy Mints (1 mint)	100
Excedrin Extra Strength (2 tablets)	130
AMP Tall Boy Energy Drink (16 oz.)	143
Starbucks Caffe Latte (16 oz.)	150
Monster Energy drink (16 oz.)	160
NoDoz Maximum Strength (1 tablet)	200
Starbucks Coffee Grande (16 oz.)	330