



# CAFFEINE CONTENT COMPARISON

The following list summarises the caffeine content of common foods and drinks:

| Food or Drink                                                                 | Serve      | Caffeine Content (mg)       |
|-------------------------------------------------------------------------------|------------|-----------------------------|
| instant coffee                                                                | 250ml cup  | 60 (12-169)*                |
| brewed coffee                                                                 | 250ml cup  | 80 (40-110)*                |
| tea                                                                           | 250ml cup  | 27 (9-51)*                  |
| hot chocolate                                                                 | 250ml cup  | 5-10                        |
| chocolate bar -milk                                                           | 60g        | 5-15                        |
| chocolate - dark                                                              | 60g        | 10-50                       |
| Viking chocolate bar                                                          | 60g        | 58                          |
| Coca Cola                                                                     | 375ml can  | 49                          |
| Pepsi Cola                                                                    | 375ml can  | 40                          |
| Jolt soft drink                                                               | 375ml can  | 75                          |
| Red Bull energy drink                                                         | 250ml can  | 80                          |
| Red Eye Power energy drink                                                    | 250ml can  | 50                          |
| V Energy drink                                                                | 250ml can  | 50                          |
| Smart Drink - Brain fuel                                                      | 250ml can  | 80                          |
| Lift Plus energy drink                                                        | 250ml can  | 36                          |
| Lipovitan energy drink                                                        | 250ml can  | 50                          |
| Black Stallion energy drink                                                   | 250ml can  | 80                          |
| PowerBar Power Gel caffeinated sports gel## (strawberry-banana and chocolate) | 40g sachet | 25                          |
| PowerBar Power Gel double caffeinated sports gel## (tangerine)                | 40g sachet | 50                          |
| Gu caffeinated sports gel (chocolate, vanilla, mixed berry and orange burst)  | 32g sachet | 20                          |
| Carboshotz caffeinated sports gel (all flavours)                              | 50g sachet | Caffeine content not stated |

\* The caffeine content of tea and coffee varies widely, depending on the brand, the way that the individual makes their beverage, and the size of the mug or cup. These values are for a range of beverages as prepared by subjects in a study. It should be noted that some coffee houses (e.g. Starbucks) sell special brews that come in extra large containers with extra strong varieties of coffee. It is possible for such a brew to provide 500-1000 mg of caffeine per serve!

## Caffeinated PowerBar Power Gels are not available in Australia and New Zealand.

Source: <http://www.ais.org.au/nutrition/SuppFSCaff.htm>