

## CAFFEINE CONTENT of SELECTED BEVERAGES, FOODS AND DRUGS

BEVERAGES	Range in Mgs		Mgs
<b>COFFEE (8 oz unless specified)</b> Roasted & ground  Drip Percolated Decaffeinated  Instant Regular Decaffeinated	88-280 64-270 1.6 -13  48-75 3.2 – 12.8	<b>SOFT DRINKS (12 oz can)</b> Regular	
		Jolt	70
		Mountain Dew	54
		Coke/Coca-Cola	46
		Dr. Pepper	41
		Mr. Pibb	40
		Pepsi	38
		RC Cola	18
		Lemon-Lime	0
		Orange	0
		Root Beer	0
		Tonic Water	0
		<b>TEA</b> Bagged Black Green DeLong Herb Loose-leaf Black Green Darjeeling DeLong Mint  Canned (12 oz.)  Instant Tea	45-72 24-48 20-64 0  48-72 45-56 45-56 28 0  22-36  40-58
Diet Rite Cola	48		
Diet Coke	46		
Diet Dr. Pepper	41		
Diet Pepsi	36		
Diet Lemon-lime	0		
Diet Root Beer	0		
Club Soda Seltzer	0		

FOODS	Range in Mgs		Mgs
<b>Chocolate and Cocoa</b> Bakers chocolate (1 oz) Dark, semi-sweet chocolate (1 oz) Milk chocolate (1 oz) Chocolate bar (1 oz)	26 5-35 1-15 4	Chocolate chips, semi sweet (2oz) Chocolate flavored syrup (2 T) Dry cocoa (1 oz) Hot cocoa (5 oz) Chocolate milk (8 oz)	12-15 5 6 2-15 8

<b>MEDICATIONS (Standard Dose)</b>	<b>Range in Mgs</b>		<b>Mgs</b>
Appendrine Max. Strength	100	Dristan Decongestant tabs	16.2
Anacin	32	Dristan A-F Decongestant Tabs	16.2
Anacin Max. Strength	32	Duradyne-forte	30
Aspirin	3	Excedrin	65
Aqua-Ban	100	Fiorinol	40
Aqua-Ban Mx. Strength	200	Migral	50
Bromo-Seltzer	32	Midol	32
Cafergot	100	Nodoz	100
Cope	32	Pre-Mens	66
Coryban-D capsules	30	Prolamine	140
Darvon	32.4	Permanthene H2-Off	200
Dex-A-Diet II	200	Soma Compound	32
Dexatrim	200	Triaminicin tablets	30
Dexatrim, Extra Strength	200	Vanquish	32
Dietac	200	Vivarin	200