

Caffeine Content of Select Drinks

Dr. Naveed Siddique looked over energy drink statistics. “Side effects of too much caffeine can be upset stomach, jitters, being nervous.” According to Siddique, the normal daily caffeine intake for teenagers can safely range around 200- 250 milligrams.

- **Canned or bottled beverages (12-ounce unless noted) milligrams of caffeine**

- Rockstar (16-ounce) - 150
- Cocaine Energy Drink (8.4 ounces) - 280
- Red Bull (8.2 ounce) - 80
- Jolt - 71.2
- Mountain Dew - 55
- Pepsi-Cola - 37.5
- Coca-Cola Classic - 34

8-ounce beverages

- Coffee, Drip - 115-175
- Coffee, Brewed - 80-135*
- Tea, Brewed U.S. Brand - 40
- Tea, Green - 15
- **Enhanced Beef Sticks**
 - Lightning Rods Energy (27 grams) - 60