

How Much Caffeine is in Your Favorite Drink?

Coffee/Tea

Espresso (1 shot)	60-75 mg
Brewed Coffee (8 oz)	85-120 mg
Black Tea (8 oz)	40-70 mg
Green Tea (8 oz)	20-45 mg

Sodas/Energy Drinks

Coca-Cola (12 oz)	30-45 mg
Dr Pepper (12 oz)	40-55 mg
Alani Energy (12 oz)	200 mg
C4 Energy (12 oz)	200 mg

- stay under 400 mg/day
- watch for stacking (multiple sources)
- hydrate to offset caffeine's dehydrating effects

