



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (7) Holistic Healthcare

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Caffeine Content of Beverages and Drugs*

Substance	Caffeine (mg)
Coffee (5 oz)	
Drip method	146
Percolated	110
Instant regular	53
Decaffeinated	2
Tea (5 oz), loose or in tea bags	
One-minute brew	9-33
Three-minute brew	20-46
Five-minute brew	20-50
Iced tea, cans (12 oz.)	22-36
Cocoa and Chocolate	
Cocoa (6 oz.), made from mix	10
Milk chocolate (1 oz.)	6
Baking chocolate (1 oz.)	35
Soda (12 oz. cans)	
Mountain Dew	52
Mello Yello	51
Tab	44
Shasta Cola	42
Pibb Xtra	40
Dr. Pepper	38
Diet Dr. Pepper	37
Pepsi Cola	37
Diet Rite Cola	34
Diet Pepsi	34
Coca-Cola	34
7-UP	0
Stimulants	
Caffedrin capsules	200
NoDoz tablets	200
Vivarin tablets	200
Pain Relievers	
Anacin	64
Excedrin	130
Midol	65
Plain aspirin	0
Tylenol	0

*"How Do You Stand" by Jeffrey Bland