Sources of Caffeine

Coffee (Brewed), 8 oz. Cup	100 to 200 Milligrams
Coffee (Instant), 8 oz. Cup	27 to 173 Milligrams
Decaffeinated coffee has 97% of its caffeine removed.	
Espresso, 1 oz	75 Milligrams
Tea, (Brewed), 8 oz. Cup	40 to 120 Milligrams
(Caffeine content depends upon type of tea)	
Cola, 12 oz.	35 Milligrams
Chocolate bar, 1.55 oz.	9 Milligrams
Vivarin (1 tablet)	200 Milligrams
Nodoz (1 tablet)	200 Milligrams
Anacin (2 tablets)	64 Milligrams
Excedrin (2 tablets)	130 Milligrams
Monster Energy, 16 oz	160 Milligrams
Rip It, 8 oz	100 Milligrams
Enviga, 12 oz	100 Milligrams
Red Bull, 8.3 oz	80 Milligrams

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