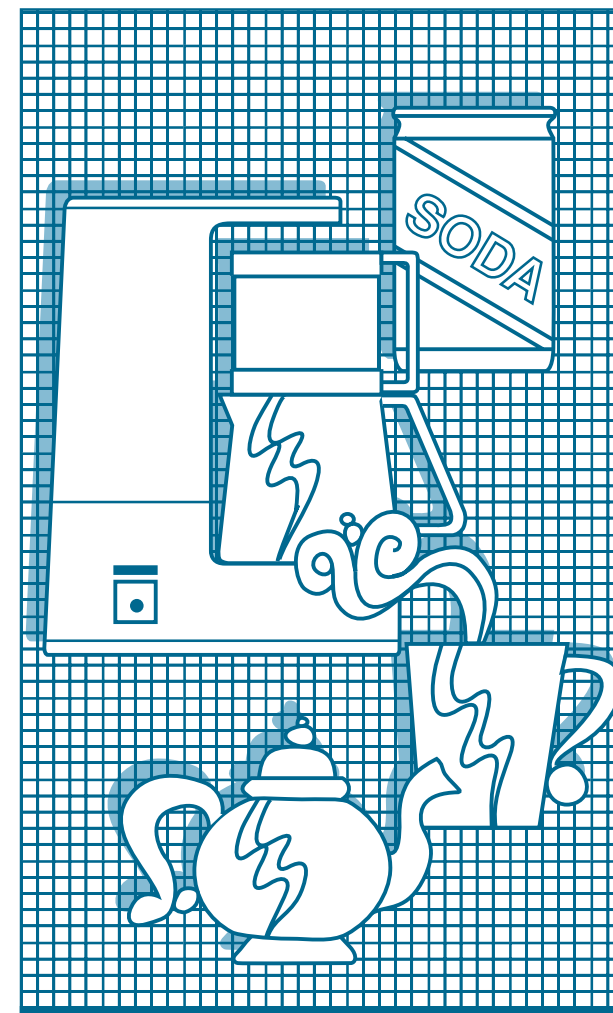


CAFFEINE CONTENT OF BEVERAGES, FOODS AND DRUGS

Coffee		Orange Soda	0
Drip, regular	106-164 mg/5 oz.	Grape Soda	0
Percolated, regular	93-134 mg/5oz.		
Instant, regular	47-68 mg/5 oz.	Non-prescription Drugs	
Decaffeinated	2-5 mg/5 oz.	Stimulants (standard dose)	
		Caffedrine capsules	200 mg
Tea		NoDoz Tablets	200 mg
1 minute brew	21-33 mg/5oz.	Vivarin Tablets	200 mg
3 minute brew	35-46 mg/5 oz.		
5 minute brew	39-50 mg/5 oz.	Pain relievers (standard dose)	
Canned iced tea	22-36 mg/12 oz.	Anacin Analgesic, Anacin Mix Strength, Anacin-3	64 mg
		Cope	32 mg/tablet
Cocoa and Chocolate		Bufferin	0
Cocoa Beverage (water mix)	2-8 mg/6 oz.	Excedrin	130 mg
Milk chocolate	6 mg/1 oz.	Midol	64 mg
Baking chocolate	35 mg/1 oz.	Plain Aspirin, any brand	0
Sweet (dark) chocolate	20 mg/1 oz.	Tylenol	0
Ovaltine	0	Vanquish	66 mg
Postum	0		
		Diuretics (standard dose)	
Sodas	mg/12 oz. can	Aqua-Ban	200 mg
Mr. Pibb, Diet	57	Fluidex	0
Mountain Dew	54	Permathene Water Off	200 mg
Coca Cola, Diet Coke, Tab	45	Pre-Mens Forte	100 mg
Shasta Cola, Regular and Diet	44		
Mr. Pibb	41	Cold Remedies (standard dose)	
Dr. Pepper, Regular and Diet	40	Actifed	0
Pepsi Cola	38	Contac	0
Pepsi Light, Diet Pepsi	36	Comtrex	0
Diet Rite Cola	36	Coryban-D	30 mg
Royal Crown Cola	36	Dristan	30 mg
Royal Crown Cola, Diet	33	Neo-Synephrine Compounds	15 mg
Cragmont Cola	Trace	Sudafed	0
7-up, Regular and Diet	0	Triaminicin	30 mg
Sprite, Regular and Diet	0		
Fanta	0	Prescription Drugs	
Fresca	0	Cafergot	
Root Beer	0	(migraine headaches)	100 mg/tablet
Club Soda	0	Darvon Compound	
Ginger Ale	0	(pain reliever)	32 mg/tablet
Tonic Water	0	Fiorinal (headaches)	40 mg/tablet
		Migrol (headaches)	50 mg/tablet

WHAT DO YOU KNOW ABOUT



CAFFEINE?

It's 10 a.m. and you feel on edge, slightly jittery. Your stomach has that familiar slightly queasy feeling, and you didn't sleep very well last night. The morning started out fine, but now you feel anxious and a bit irritable.

If this sounds like you, chances are you may be drinking too much coffee or too many cola drinks and are now experiencing some of the effects of the caffeine they contain.

To help you make food and beverage choices, it is important for you to know what caffeine is, where it is found and the effects on your body.

The following guidelines are provided to answer many of the commonly asked questions regarding caffeine intake.

CAFFEINE ...

WHAT IS IT?

Caffeine is a methylxanthine, a compound found naturally in over 60 species of plants.

Caffeine is a drug that stimulates the central nervous system and heart muscle. It may also increase stomach acid secretion and frequency of urination.

WHERE IS IT FOUND?

The most widely known food sources of caffeine are:

- Coffee
- Tea
- Cola
- Cocoa
- Chocolate products

Caffeine is also found in some prescription and non-prescription drugs including:

- Cold Remedies
- Pain Pills
- Diuretics

WHAT ARE ITS EFFECTS?

The effects of caffeine will vary depending upon the individual and the amounts consumed.

Some of the undesirable effects of excessive caffeine intake are:

- Insomnia
- Rapid heart rate
- Mood swings, i.e., depression
- Anxiety/nervousness

Excessive intake may lead to “caffeine nerves” or caffeinism. The amount of caffeine considered to be excessive will vary widely. It may be as low as 250 mg/day for some individuals.

The stimulant effect of coffee is noticeable at levels of 150-250 mg/day. (One to two cups of regular coffee)

IS IT ADDICTIVE?

Caffeine is mildly addictive. Symptoms of withdrawal may include irritability, fatigue, nausea, headache and depression.

A gradual decrease in caffeine intake is recommended.

HOW MUCH IS IN THE PRODUCTS WE BUY?

The amount of caffeine in beverages varies considerably and depends on a number of factors including:

- Variety of coffee or cocoa bean
- Where the product was grown
- Type of grind (coffee) or leaf/stem (tea)
- Brewing or steeping time.

Caffeine is also found in some prescription and non-prescription drugs. If a drug contains caffeine it will be listed as an ingredient on the label. Reading labels is a good practice.

The chart on the following page lists the caffeine content of a number of foods, beverages and drugs.
