

# Energy Drink Caffeine Guide

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The FDA cites 400 mg of caffeine a day as an amount generally not associated with negative effects in healthy adults. Figures are per the serving shown, from manufacturer or compiled sources. Information, not medical advice.

Drink	Caffeine	Serving
Redline Xtreme	316 mg	8 oz bottle
Bang	300 mg	16 oz can
Reign Total Body Fuel	300 mg	16 oz can
G Fuel Energy (can)	300 mg	16 oz can
Adrenaline Shoc	300 mg	16 oz can
Rockstar XDurance	300 mg	16 oz can
Celsius Essentials	270 mg	16 oz can
5-hour Energy Extra Strength	230 mg	1.93 oz shot
Celsius	200 mg	12 oz can
Prime Energy	200 mg	12 oz can
Alani Nu	200 mg	12 oz can
5-hour Energy (regular)	200 mg	1.93 oz shot
C4 Performance Energy	200 mg	16 oz can
Ghost Energy	200 mg	16 oz can
Reign Storm	200 mg	12 oz can
3D Energy	200 mg	16 oz can
C4 Smart Energy	200 mg	16 oz can
Java Monster	188 mg	15 oz can
Mtn Dew Rise Energy	180 mg	16 oz can
Xyience Xenergy	176 mg	16 oz can
Monster	160 mg	16 oz can
Rockstar Original	160 mg	16 oz can
ZOA	160 mg	12 oz can
NOS Energy	160 mg	16 oz can
Full Throttle	160 mg	16 oz can
Venom Energy	160 mg	16 oz can

<b>Drink</b>	<b>Caffeine</b>	<b>Serving</b>
Guayaki Yerba Mate (can)	<b>150 mg</b>	15.5 oz can
Dunkin Sparkd Energy (medium)	<b>144 mg</b>	24 oz medium
UPTIME Energy	<b>142 mg</b>	12 oz can
AMP Energy Original	<b>142 mg</b>	16 oz can
GURU Original	<b>140 mg</b>	12 oz can
Zevia Energy	<b>120 mg</b>	12 oz can
Red Bull	<b>80 mg</b>	8.4 oz can
V8 +Energy	<b>80 mg</b>	8 oz can
Aspire Energy	<b>80 mg</b>	12 oz can

Verified sources per drink. Compare any two at [baristalife.co/pages/caffeine-comparison-tool](http://baristalife.co/pages/caffeine-comparison-tool). Free to print for personal use. © Barista Life.