

Soda 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
Mtn Dew Kickstart (Orange Citrus)	92 mg	16 oz can
Water Joe (caffeinated water)	70 mg	16.9 oz bottle
Pepsi Zero Sugar	69 mg	12 oz can
Mountain Dew Zero Sugar	68 mg	12 oz can
Sun Drop	64 mg	12 oz can
Mountain Dew Baja Blast	59 mg	12 oz can
Bai Antioxidant Infusion	55 mg	18 oz bottle
Mountain Dew	54 mg	12 oz can
Mello Yello	51 mg	12 oz can
OLIPOP Vintage Cola	50 mg	12 oz can
Diet Coke	46 mg	12 oz can
Dr Pepper	41 mg	12 oz can
Poppi Classic Cola	40 mg	12 oz can
Pepsi	38 mg	12 oz can
Diet Pepsi	35 mg	12 oz can
Coca-Cola Classic	34 mg	12 oz can
Big Red	34 mg	12 oz can
Cherry Coke	34 mg	12 oz can
Vanilla Coke	34 mg	12 oz can
Coca-Cola Zero Sugar	34 mg	12 oz can
Barq's root beer	22 mg	12 oz can
Sunkist Orange	19 mg	12 oz can
Sunkist Zero Sugar	19 mg	12 oz can
A&W Root Beer	0 mg	12 oz can
Fanta Orange	0 mg	12 oz can
Squirt (original)	0 mg	12 oz can

Drink	Caffeine	Serving
Sprite	0 mg	12 oz can
Mug Root Beer	0 mg	12 oz can
Crush Orange	0 mg	12 oz can
Diet Barq's root beer	0 mg	12 oz can
Culture Pop	0 mg	12 oz can
7UP	0 mg	12 oz can
Starry (lemon lime)	0 mg	12 oz can
Fresca	0 mg	12 oz can
Canada Dry Ginger Ale	0 mg	12 oz can

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