

approximate caffeine contents

- coffee (7 oz) 100 mg
- decaffeinated coffee (7 oz) 3 mg
- tea (7 oz) 50 mg
- Coca-Cola® (12 oz) 46 mg
- Diet Coke® (12 oz) 46 mg
- Pepsi Cola® (12 oz) 38 mg
- Mountain Dew® (12 oz) 54 mg
- Red Bull® (8 oz) 80 mg
- caffeinated water, fruit drinks 65 mg and etc
- Vivarin® 200 mg
- NoDoz® 100 and 200 mg
- Anacin® 32 mg
- Excedrin® 65 mg