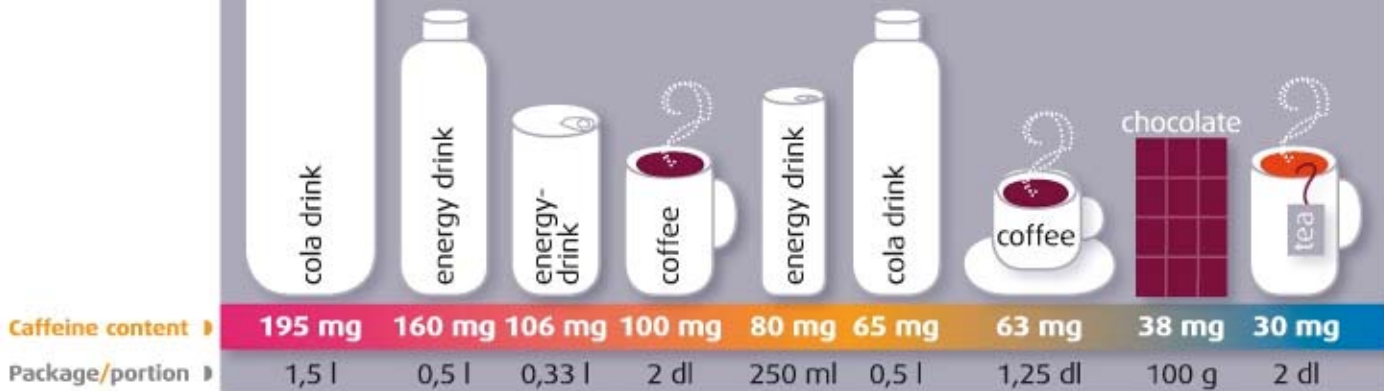


Caffeine content in beverages and chocolate /package or portion



Product, package/portion	Caffeine/package or portion
1,5 l bottle of cola drink.....	195 mg
0,5 l bottle of energy drink.....	160 mg
0,33 l can of energy drink.....	106 mg
2 dl mug of coffee.....	100 mg
250 ml can of energy drink.....	80 mg
0,5 l bottle of cola drink.....	65 mg
1,25 dl cup of coffee.....	63 mg
100 g of chocolate.....	38 mg
2 dl mug of tea.....	30 mg

Source of caffeine content data:

Helle Margrete Meltzer & al. Risk assessment of caffeine among children and adolescents in the Nordic countries. TemaNord 2008:551. Nordic Council of Ministers, Copenhagen 2008
<http://www.norden.org/da/publikationer/publikationer/2008-551/>