

HOW MUCH

CAFFEINE

DO POPULAR

— ENERGY DRINKS HAVE —

Drink	Serving Size (in oz.)	Amount Of Caffeine (in mg)
Starbucks Refresher (can)	12	50
V8 Fusion Energy Drink	8	80
Mountain Dew Kickstart Original New	16	90
NOS Energy Drink	16	160
Red Bull	8.4	80
5-Hour Energy	2	200



Mom Junction

Source: https://www.momjunction.com/articles/side-effects-of-energy-drinks-on-breastfeeding-mom_00359671/