

# Lifting the lid on energy drinks

## The facts about sugar and caffeine



Product	Serving	Sugar	Caffeine
Rockstar Xduration	500ml	69g	160mg
Mountain Dew	500ml	66g	90mg
Monster Energy, Monster Assault	500ml	55g	160mg
Relentless Origin	500ml	55g	160mg
Energise Edge	440ml	48g	140.8mg
Red Bull Energy Drink, Red Bull Blue Edition Blueberry	250ml	27.5g	80mg
Tiger	250ml	27.5g	80mg

Product	Serving	Sugar	Caffeine
Blue Bear	250ml	26.5g	75mg
Boost	250ml	26.5g	75mg
Red Thunder	250ml	26g	75mg
Emerge	250ml	23.25g	75mg
KX Energy	250ml	12.2g	75mg
Tesco Blue Spark	250ml	12.2g	75mg
Monster Rehab	500ml	11g	160mg

1 teaspoon = 4g sugar

1 americano coffee = 80mg caffeine

Data collated April 2017

### CHECK BEFORE YOU CHOOSE



#### Energy drinks are not suitable:

- for children under 16 years of age
- for rehydration after sport or exercise
- as a mixer with alcohol.



#### The label has the facts

Compare the labels before you buy as many energy drinks contain high amounts of sugar and caffeine.

be safe be healthy be well