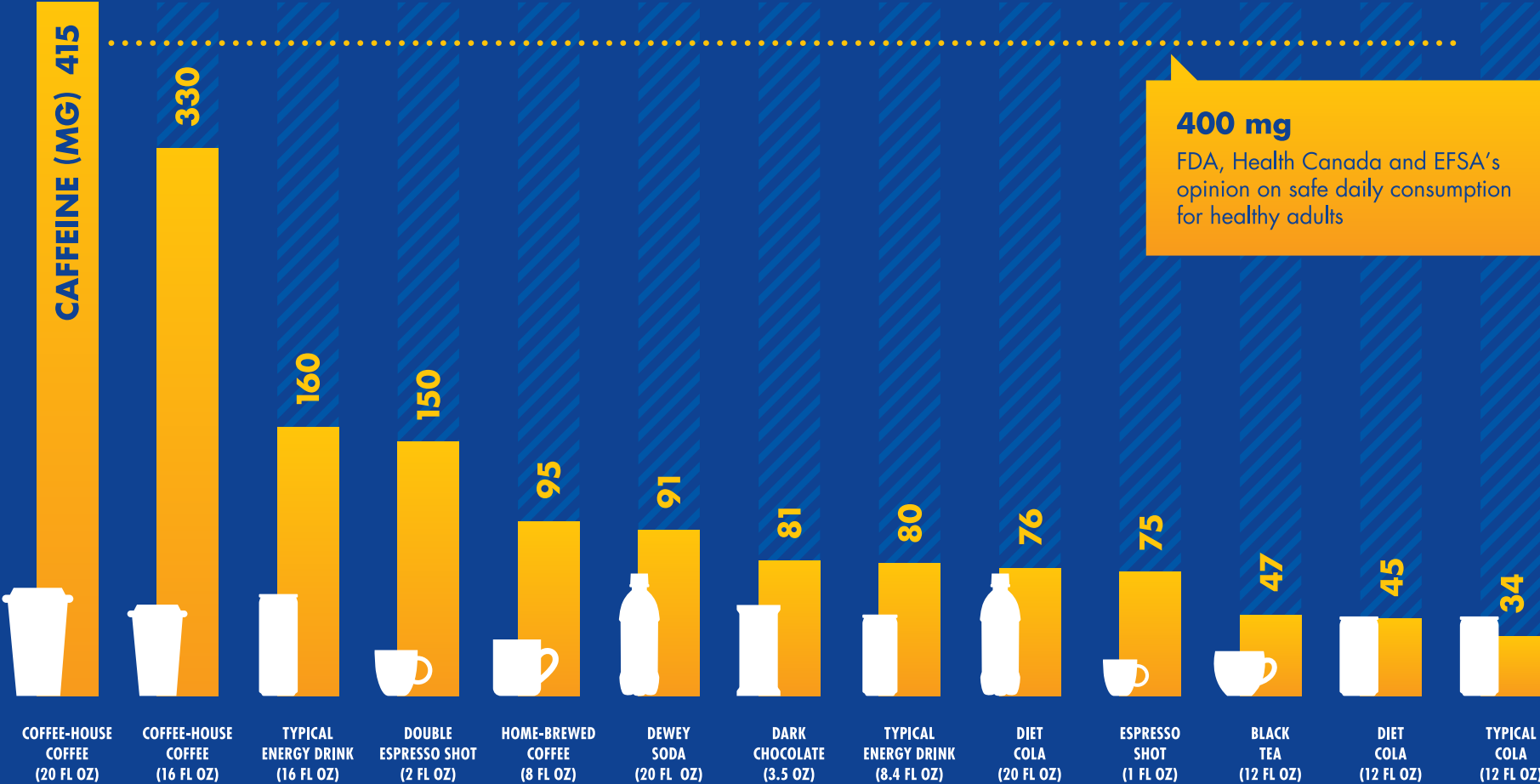
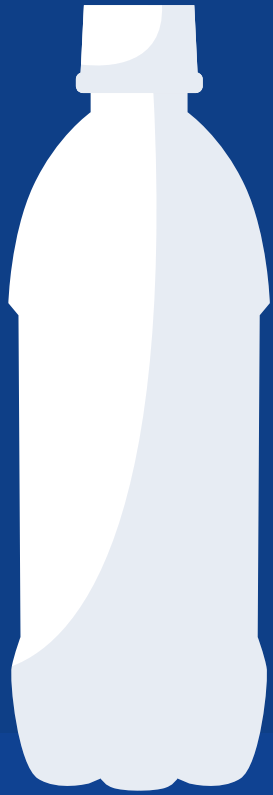


CAFFEINE COMPARISON



CAFFEINE EQUIVALENT 70-90MG OF CAFFEINE



DIET COLA
20 FL OZ (591 ML)



ESPRESSO SHOT
1 FL OZ (29 ML)



ENERGY DRINK
8.4 FL OZ (250 ML)



HOME-BREWED COFFEE
8 FL OZ (240 ML)

CAFFEINE FACTS

85% OF AMERICANS CONSUME CAFFEINE EVERY DAY...

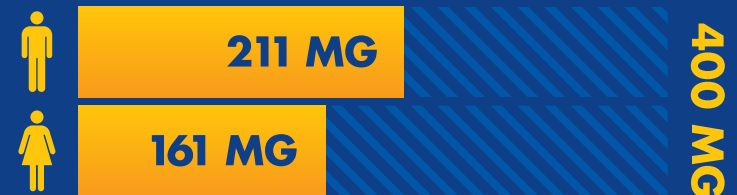
85%¹

COMMON SOURCES OF CAFFEINE



COFFEE, TEA, SODA, CHOCOLATE, ENERGY DRINKS, DIETARY SUPPLEMENTS (E.G. EXERCISE SUPPLEMENTS, ENERGY SHOTS)

ADULT INTAKE



AVERAGE INTAKES AMONG ADULTS RANGE FROM 161 MG/DAY FOR WOMEN AND UP TO 211 MG/DAY FOR MEN. 400MG/DAY AS MODERATE CONSUMPTION IS SAFE FOR AVERAGE, HEALTHY ADULTS.²



BEVERAGES ACCOUNT FOR APPROXIMATELY 98% OF CAFFEINE CONSUMED DAILY, WITH COFFEE (-64%), TEA (-16%), AND SOFT DRINKS (-18%) PREDOMINANT SOURCES; ENERGY DRINKS PROVIDED <1% OF INTAKE CONSUMPTION.²

WHAT WOULD 400 MG OF CAFFEINE LOOK LIKE?

**MODERATE CONSUMPTION OF 400 MG/DAY OF CAFFEINE IS SAFE FOR THE AVERAGE, HEALTHY ADULT.
AS FAR AS SERVINGS ARE CONCERNED, 400 MG IS ABOUT:**

GREEN TEA
(28 MG / 8 FL OZ)
14 8 FL OZ CUPS OF GREEN TEA



TYPICAL COLA
(34 MG / 12 FL OZ)
11.5 12 FL OZ BOTTLES OF COLA



BLACK TEA
(47 MG / 8 FL OZ)
8.5 8 FL OZ CUPS OF BLACK TEA



ENERGY DRINK
(80 MG / 8.4 FL OZ)
5 8.4 FL OZ CANS OF ENERGY DRINK



HOME-BREWED COFFEE
(95 MG / 8 FL OZ)
4.5 8 FL OZ CUPS OF HOME-BREWED COFFEE



COFFEE-HOUSE COFFEE
(180 MG / 8 FL OZ)
2.5 8 FL OZ CUPS OF COFFEE-HOUSE COFFEE



5-HOUR ENERGY SHOT
(200 MG / 2 FL OZ)
2 2 FL OZ 5-HOUR ENERGY SHOTS

