

Sugar & Caffeine in Energy Drinks



	Rockstar Xdurance	Energise Edge	Monster Energy	Monster Assault	Tiger	Red Bull Energy Drink	Red Bull The Blue Edition	Relentless Origin	Lucozade Energy Original	Boost	Tesco Blue Spark	Red Thunder	Blue Bear	Emerge	Monster Rehab	KX Energy	Mountain Dew
	500ml	440ml	500ml	500ml	250ml	250ml	250ml	500ml	380ml	250ml	250ml	250ml	250ml	250ml	500ml	250ml*	500ml
Sugar	17	14	14	14	7	7	7	6	4	3	3	3	3	3	3	1	0
	69g	55g	55g	55g	28g	28g	28g	24g	17g	12g	12g	12g	12g	11g	11g	4g	0g
Caffeine	2	2	2	2	1	1	1	2	1/2	1	1	1	1	1	2	1	1
	160mg	160mg	160mg	160mg	80mg	80mg	80mg	160mg	46mg	75mg	75mg	75mg	75mg	75mg	160mg	75mg	76mg

1 teaspoon = 4g sugar

1 cup of espresso = 80mg caffeine

Data collected April 2019
*KX Energy is no longer available in 250ml

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
- for pregnant or breast-feeding women

