

# Sugar & Caffeine in Energy Drinks



	Monster Energy	Monster Pacific Punch	Red Bull Energy Drink	BPM Sour Twist	Rockstar Xdurance	Relentless Origin	Energise Energy Deadly	Boost Energy Juic'd	Lucozade Energy Original	Lucozade Alert Tropical Burst	Boost Energy	Tesco Blue Spark	Red Thunder	Emerge Energy Original	Prime Lemon Lime	Monster Energy Zero Sugar	Red Bull Zero
	500ml	500ml	250ml	500ml	500ml	500ml	500ml	500ml	500ml	500ml	250ml	250ml	250ml	250ml	335ml	500ml	250ml
Sugar	14	14	7	6	6	6	6	6	6	5	3	3	3	3	0	0	0
	55g	55g	28g	24g	24g	24g	23g	23g	22g	20g	12g	12g	12g	11g	0g	0g	0g
Caffeine	2	2	1	2	3	2	2	2	1	2	1	1	1	1	3	2	1
	160mg	160mg	80mg	125mg	200mg	160mg	160mg	150mg	60mg	160mg	75mg	75mg	80mg	75mg	200mg	150mg	80mg

1 teaspoon = 4g sugar

1 cup of espresso = 80mg caffeine

Data collected May 2022  
\*Prime Energy data collected in February 2023

## 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

For more information search

