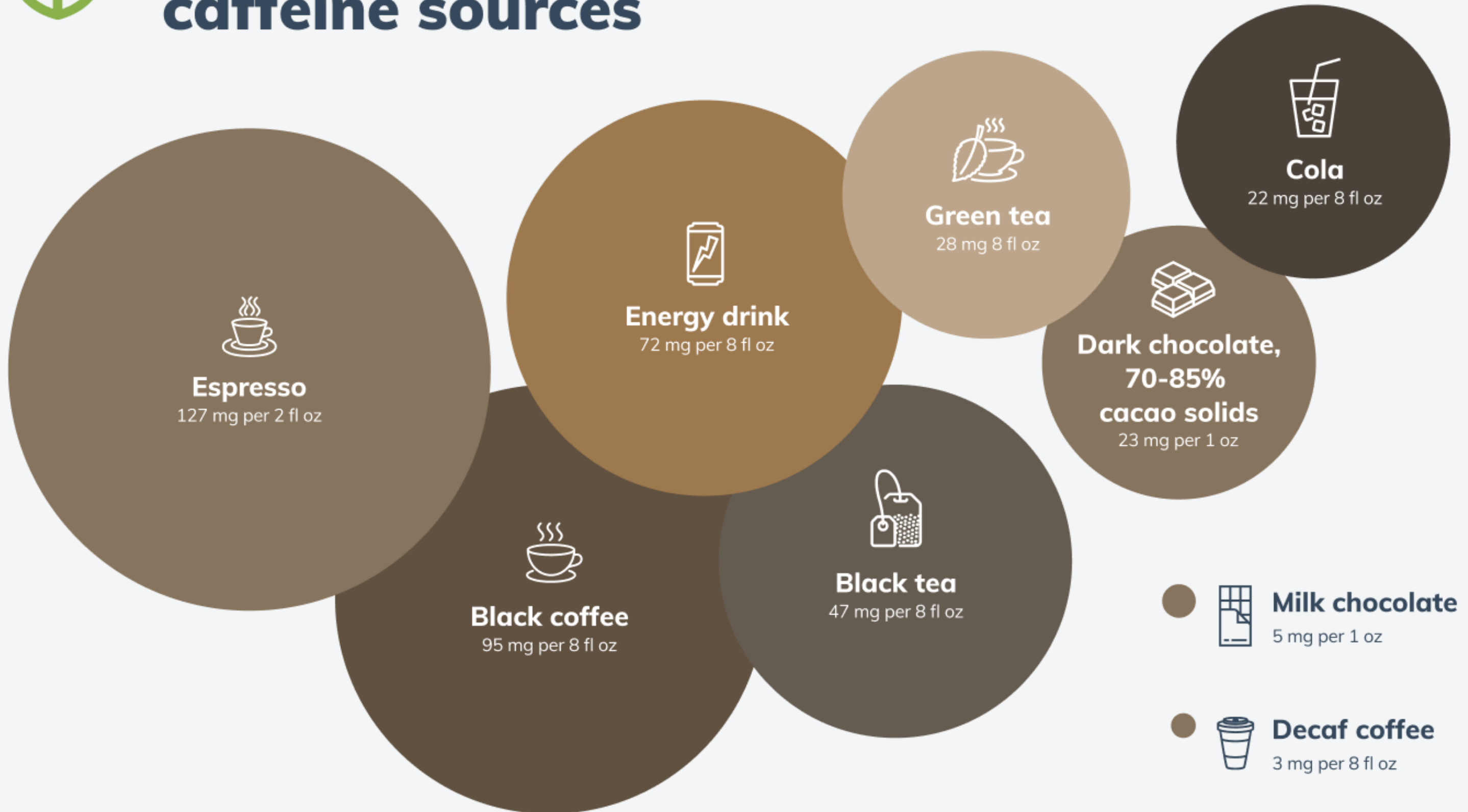




Comparing caffeine sources



Espresso
127 mg per 2 fl oz



Energy drink
72 mg per 8 fl oz



Green tea
28 mg per 8 fl oz



Cola
22 mg per 8 fl oz



**Dark chocolate,
70-85%
cacao solids**
23 mg per 1 oz



Black coffee
95 mg per 8 fl oz



Black tea
47 mg per 8 fl oz



Milk chocolate
5 mg per 1 oz



Decaf coffee
3 mg per 8 fl oz