## Caffeine Containing Products

### Drugs  Caffeine (mg)

**Prescription Drugs**
- Cafertgot 100
- Milgarmalam Capsules 100
- Migral 50
- Fiorinal 40
- Esgic 40
- Apectol Tablets 40
- Soma Compound 32
- Darvon Compound 32.4

**Pain Relievers (standard dose)**
- Anacin 64
- Excedrin 130
- Midol 65
- Vanquish 65
- Plain Aspirin 0

**Diuretics (standard dose)**
- Aqua Ban 200
- Permathene H2O Off 200

**Cold Remedies (standard dose)**
- Dristan 32
- Triaminicin 30

**Weight Control Aids**
- Dexatrim 200
- Dietrac 200
- Prolamine 140
- Appredrine 100

**Stimulants (standard dose)**
- Caffedrine Capsules 200
- No Doz 100
- Vivarin 200

### Beverages  Caffeine (mg)

<table>
<thead>
<tr>
<th><strong>Beverages</strong></th>
<th><strong>Caffeine (mg)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee, 5 oz.</td>
<td>110-150</td>
</tr>
<tr>
<td>Coffee, instant, 5 oz.</td>
<td>66</td>
</tr>
<tr>
<td>Coffee, decaffeinated, 5 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Tea (depending on brew), 5 oz.</td>
<td>9-50</td>
</tr>
<tr>
<td>Canned Ice Tea, 12 oz.</td>
<td>22-36</td>
</tr>
<tr>
<td>Cocoa 6 oz.</td>
<td>10</td>
</tr>
<tr>
<td>Milk Chocolate 1 oz.</td>
<td>6</td>
</tr>
</tbody>
</table>

**Note:** Check labels of all beverage, food products, and non-prescription drugs for caffeine content.

---

**There is no human requirement for caffeine in the diet. Moderate caffeine intake, however, is not associated with any health risk. 250 milligrams of caffeine per day is considered an average or moderate amount of caffeine. 830 milligrams per day is considered excessive intake of caffeine.**

Excessive caffeine intake can lead to a fast heart rate, diuresis (excessive excretion of fluids), restlessness, anxiety, tremors, and difficulty sleeping.

Abrupt withdrawal of caffeine may cause headaches, drowsiness, irritability, and other symptoms. Reduce caffeine intake gradually to prevent any symptoms of withdrawal.

**Many medications will interact with caffeine. Consult with your health care provider or pharmacist about potential interactions with caffeine whenever you take medications.**

This document was prepared by the staff of the UWSP Student Health Promotion Office. This information should not be used in lieu of medical care. Last updated: January 2006. Caffeine Containing Products.doc