

# ENERGY DRINKS

\* In NZ energy drinks must not have more than 32mg caffeine per 100ml

\* There is about 50–80mg of caffeine in a cup of instant coffee – *however this can vary quite a lot*

\* Energy Drinks are NOT recommended for growing people due to the caffeine content

Name	Size of drink	tsp of Sugar	Caffeine (mg)
V	250ml can	6.5 tsp	78mg
V Blue	250ml can	8.5tsp	78mg
V Blue	330ml can	11.5 tsp	103mg
V	350ml glass bottle	9.5 tsp	109mg
V Blue	350ml glass bottle	12 tsp	109mg
V	500ml can or bottle	13.5 tsp	155mg
V Blue	500ml bottle	17.5 tsp	156mg
V Tropical Tang	500ml can	14 tsp	156mg
Redbull	250ml can	6.5 tsp	80mg
Redbull Green Edition	250ml can	6.5 tsp	80mg
Redbull Red Edition	250ml can	6.5 tsp	80mg
Redbull	473ml can	12.5 tsp	151mg
Mother Original	500ml can	12.5 tsp	160mg
Mother Kicked Apple	500ml can	18.5 tsp	150mg
Mother Passion	500ml can	17 tsp	152mg
Mother Lava Guava	500ml can	18.5 tsp	150mg
Monster Original	500ml can	14 tsp	150mg
Monster Mango Loco	500ml can	15 tsp	150mg
Monster Papillon	500ml can	12.5 tsp	150mg
Monster Pipeline Punch	500ml can	12.5 tsp	155mg
Rockstar Original	500ml can	15 tsp	155mg
Rockstar Tropical Guava	500ml can	21 tsp	160mg
Rockstar El Mango	500ml can	17 tsp	160mg
Demon Original	500ml can	15 tsp	160mg
Live Plus+	250ml can	7.5 tsp	75mg
Live Plus+	355ml glass bottle	10.5 tsp	107mg
Live Plus+ Watermelon	500ml can	13 tsp	150mg
Live Plus+ Ignite	500ml can	13 tsp	150mg
Live Plus+ Citrus	500ml can	15 tsp	150mg

**Prime Hydration** – 500ml bottle

Water + Coconut Water

10% coconut water

Zero added sugar – (2g sugar)

Antioxidants + Electrolytes

BCAAs (Branch Chain Amino Acids) + B Vitamins

Caffeine free

**Prime Energy Drink** – 355ml can

Water + Coconut Water

Zero Sugar

**18+ – due to the very high amount of caffeine!**

**200mg caffeine**

300mg electrolytes

Naturally flavoured

**Prime Hydration Sticks**

Add to 500ml water

Zero added sugar (2g sugar)

250mg BCAA

Antioxidants + Electrolytes