

# Nutritional Content of Energy Drinks

## Ranking by sugar content then by calories

Brand	Variety	Type	Serving size (oz)	Calories (kcal)	Fat (g)	Sodium (mg)	Sugar (g)	Protein (g)	Shot (Yes=yes)	Caffeine present	Caffeine (mg)	Zero-calorie sweeteners	Artificial Colors
NOS	Acai-Blueberry	Diet	8	0	0	90	0	0	No	Yes	80	*	Yes
NOS	Raspberry	Diet	8	0	0	90	0	0	No	Yes	80	*	Yes
NOS	NOS Zero	Diet	8	0	0	90	0	0	No	Yes	80	Yes	Yes
Monster Energy	Absolutely Zero	Diet	8	0	0	180	0	0	No	Yes	70	Yes	Yes
Monster Energy	Ultra Blue	Diet	8	0	0	180	0	0	No	Yes	70	Yes	No
Monster Energy	Ultra Red	Diet	8	0	0	180	0	0	No	Yes	70	Yes	No
Monster Energy	Zero Ultra	Diet	8	0	0	180	0	0	No	Yes	70	Yes	No
Monster Energy	Black Ice	Diet	8	0	0	193	0	0	No	Yes	107	Yes	*
Stacker 2 XTRA	Berry	Diet	2	0	0	10	0	0	Yes	Yes	*	Yes	No
Stacker 2 XTRA	Grape	Diet	2	0	0	10	0	0	Yes	Yes	*	Yes	No
Red Bull	Total Zero	Diet	8	0	0	60	0	0	No	Yes	80	Yes	Yes
Rockstar	Blue Ice	Diet	8	0	0	180	0	0	No	Yes	120	Yes	
Rockstar	Mango-Orange-Passion Fruit	Diet	8	0	0	180	0	0	No	Yes	120	Yes	
Rockstar	Punched	Diet	8	0	0	180	0	0	No	Yes	120	Yes	
Rockstar	Silver Ice	Diet	8	0	0	180	0	0	No	Yes	120	Yes	No
Rockstar		Diet	8	0	0	105	0	0	No	Yes	120	Yes	Yes

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Rockstar		Diet	8	0	0	120	0	0	No	Yes	80	Yes	Yes
SK Energy	Berry	Diet	3	0	0	30	0	0	Yes	Yes	280	Yes	No
SK Energy	Grape	Diet	3	0	0	30	0	0	Yes	Yes	280	Yes	No
SK Energy	Pomegranate	Diet	3	0	0	30	0	0	Yes	Yes	280	Yes	No
SK Energy	Strawberry Lemonade	Diet	3	0	0	30	0	0	Yes	Yes	280	Yes	No
NoDoz	Berry	Diet	2	1	0	0	0	0	Yes	Yes	115	*	*
NoDoz	Orange	Diet	2	1	0	0	0	0	Yes	Yes	115	*	*
5-hour Energy	Extra Strength	Diet	2	4	0	18	0	0	Yes	Yes	200	Yes	*
5-hour Energy	Berry	Diet	2	4	0	18	0	0	Yes	Yes	200	Yes	*
5-hour Energy	Decaf	Diet	2	4	0	18	0	0	Yes	Yes	6	Yes	*
5-hour Energy	Grape	Diet	2	4	0	18	0	0	Yes	Yes	200	Yes	*
5-hour Energy	Lemon Lime	Diet	2	4	0	18	0	0	Yes	Yes	200	Yes	*
5-hour Energy	Orange	Diet	2	4	0	18	0	0	Yes	Yes	200	Yes	*
5-hour Energy	Pomegranate	Diet	2	4	0	18	0	0	Yes	Yes	200	Yes	*
AMP Energy	AMP Energy Boost Original Sugar Free	Diet	8	5	0	75	0	0	No	Yes	71	Yes	Yes
West Coast Chill	Pure Energy	Diet	8	10	0	20	0	0	No	No	0	Yes	Yes

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AMP Energy	AMP Energy Active Lemonade Sugar Free	Diet	8	10	0	115	0	0	No	Yes	80	Yes	No
Red Bull	Red Bull SugarFree	Diet	8	10	0	100	0	0	No	Yes	80	Yes	Yes
NOS	Fruit Punch	Light	8	7	0	147	1	0	No	Yes	81	Yes	Yes
NOS	Acai Pomegranate Blueberry	Light	8	7	0	147	1	0	No	Yes	81	Yes	Yes
Monster Energy	Green Tea	Light	8	10	0	110	3	0	No	Yes	83	Yes	
Monster Energy	Orangeade	Light	8	10	0		3	0	No	Yes	83	Yes	
Monster Energy	Pink Lemonade	Light	8	10	0	100	3	0	No	Yes	83	Yes	
Monster Energy	Rojo	Light	8	10	0	100	3	0	No	Yes	83	Yes	
Monster Energy	Tea+Lemonade	Light	8	10	0	120	3	0	No	Yes	83	Yes	
Rockstar	Lemonade	Light	8	10	0	110	3	0	No	Yes	160	Yes	No
Rockstar	Orange	Light	8	10	0	110	3	0	No	Yes	160	*	No
Monster Energy	Lo-Carb	Light	8	15	0	190	3	0	No	Yes	70	*	*
Java Monster	Vanilla Light	Regular	8	50	2	280	5	3	No	Yes	99	Yes	No
Monster Energy	Import Light	Light	8	25	0	190	6	0	No	Yes	70	Yes	*
Starbucks	Blueberry Acai	Regular	8	60	0	3	13	0	No	Yes	33	*	*
Starbucks	Raspberry Pomegranate	Regular	8	60	0	3	13	0	No	Yes	33	*	*

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Starbucks	Strawberry Lemonade	Regular	8	60	0	3	13	0	No	Yes	33	*	*
AMP Energy	AMP Energy Active Lemonade	Regular	8	60	0	115	15	0	No	Yes	80	Yes	No
AMP Energy	AMP Energy Boost Cherry	Regular	8	60	0	75	15	0	No	Yes	80	Yes	Yes
AMP Energy	AMP Energy Boost Grape	Regular	8	60	0	75	15	0	No	Yes	80	Yes	Yes
Java Monster	Irish Blend	Regular	8	110	2	250	15	5	No	Yes	99	Yes	*
Monster Energy	Khaos	Regular	8	70	0	20	18	0	No	Yes	70	No	No
Java Monster	Loca Moca	Regular	8	110	2	240	19	5	No	Yes	100	Yes	*
Java Monster	Mean Bean	Regular	8	110	2	240	19	5	No	Yes	100	Yes	*
Java Monster	Toffee	Regular	8	110	2	240	19	4	No	Yes	100	Yes	*
Java Monster	Kona Blend	Regular	8	120	2	240	19	5	No	Yes	101	Yes	No
Monster Energy	Import	Regular	8	80	0	190	21		No	Yes	77	*	*
Full Throttle	Coffee Caramel	Regular	8	137	0	203	24	0	No	Yes	68	No	No
Full Throttle	Coffee Mocha	Regular	8	148	0	210	24	0	No	Yes	71	No	No
Monster Energy	Assault	Regular	8	100	0	0	25	0	No	Yes	80	Yes	Yes
Monster Energy	Coffee	Regular	8	110	2	320	25	0	No	Yes	82	*	*
Monster Energy	Chocolate	Regular	8	110	2	360	25	0	No	Yes	81	*	*

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Monster Energy	Strawberry	Regular	8	110	2	320	25	0	No	Yes	84	*	*
Monster Energy	Vanilla	Regular	8	110	1	320	25	0	No	Yes	84	*	*
Monster Energy	Anti-Gravity	Regular	8	107	0	200	25	0	No	Yes	107	Yes	*
Monster Energy	Super Dry	Regular	8	107	0	200	25	0	No	Yes	107	Yes	Yes
Red Bull	Red Bull	Regular	8	106	0	94	26	0	No	Yes	80	*	*
NOS	Grape	Regular	8	105	0	205	27	0	No	Yes	*	Yes	Yes
NOS	Loaded Cherry	Regular	8	105	0	205	27	0	No	Yes	*	Yes	Yes
NOS	Original NOS	Regular	8	105	0	205	27	0	No	Yes	*	Yes	Yes
Monster Energy	Mega Energy	Regular	8	110	0	180	27	0	No	Yes	77	Yes	No
Monster Energy	Monster Energy	Regular	8	110	0	180	27	0	No	Yes	80	*	*
AMP Energy	AMP Energy Active Orange	Regular	8	110	0	110	29	0	No	Yes	80	No	Yes
AMP Energy	AMP Energy Boost Original	Regular	8	110	0	70	29	0	No	Yes	71	No	Yes
Full Throttle	Citrus	Regular	8	111	0	83	29	0	No	Yes	72	No	No
Full Throttle	Blue Agave	Regular	8	113	0	82	29	0	No	Yes	72	No	No
Full Throttle	Red Berry	Regular	8	120	0	85	29	0	No	Yes	100	No	No
Rockstar	Rockstar Punched	Regular	8	130	0	50	30	0	No	Yes	*	Yes	Yes

Nutritional Content of Energy Drinks  
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Rockstar	Rockstar Punched Citrus	Regular	8	130	0	40	31	0	No	Yes	*	Yes	Yes
Rockstar		Regular	8	130	0	35	31	0	No	Yes	80	No	Yes
Rockstar	Bubbleberry	Regular	8	130	0	10	32	0	No	Yes	120	Yes	Yes
Rockstar	Green Apple	Regular	8	140	0	10	33	0	No	Yes	120	Yes	Yes

\* Information Unavailable