FIRST RESPONDERS



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ENERGY DRINK RATINGS

HOW MUCH CAFFEINE IS IN YOUR SHIFT?

Built for 12-hour shifts, night calls and the break room.



80 mg
RED BULL
Original
8.4 oz · 27 g sugar



150 mg
KILL CLIFF
Spicy Pineapple
12 oz · 0 g sugar
Navy SEAL created & owned



160 mg
MONSTER ENERGY
Original Green
16 oz · 54 g sugar



160 mg
CEFI
Tactical Energy
Phantom Grape
12 oz · 0 g sugar



300 mg
BANG
Cotton Candy
16 oz · 0 g sugar

FDA REFERENCE FOR HEALTHY ADULTS: 400 mg A DAY

0 — 80 — 160 — 300 — 400

SCAN ME

COMPARE MORE THAN 1,100 DRINKS
Free to use. Look up the can in your hand.
energydrinkratings.com/compare

energydrinkratings.com/compare

For adults. Independent database. Not affiliated with any brand or agency.
Caffeine and sugar figures are per can, from labels.
FDA reference for healthy adults: 400 mg a day. Source: U.S. Food and Drug Administration.