Common Caffeine Sources

Common sources:
- Coffee
- Chocolate
- Tea
- Medication
- Soda

Warning: Hidden Caffeine

Energy drinks also have additives that contain caffeine, which enhances the effects of the drink.

Common additives:
- Guarana
- Kola nut
- Yerba mate
- Taurine
- Inosol
- Niacin
- Tyrosine
- Pantothenic acid
- Glucuronolactone
- Malic acid
- Cartinine
- Maltodextrin
- Choline
- Theanine
- Ginseng