

COFFEEHOUSE COMPARISON

XSSM
ENERGY CAFE
MOCHA
8.0 oz

STARBUCKS[®]
ICED CAFFE MOCHA
12 oz

DUNKIN' DONUTS[®]
COCOA MOCHA ICED LATTE W/ SKIM MILK
12 oz

CAFFEINE

80mg

95mg

127mg

B-VITAMINS

500% B12
350% B6
200% B5
130% B3

None

None

CALORIES

120

260

250

SUGAR

12g
3 teaspoons

23g
5.75 teaspoons

37g
9.25 teaspoons

PROTEIN

7g

7g

8g