

READY-TO-DRINK COMPARISON



MONSTER®
JAVA - LOCA MOCA
16 oz

STARBUCKS®
DOUBLESHOT ENERGY - MOCHA
15 oz

DUNKIN' DONUTS®
ICED COFFEE - MOCHA
9.4 oz

CAFFEINE

80mg

188mg

145mg

127mg

B-VITAMINS

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

190% B6
190% B3
190% B2

200% B6
200% B3
200% B2

25% B12
15% B2

CALORIES

120

220

200

190

SUGAR

12g
3 teaspoons

35g
8.75 teaspoons

26g
6.5 teaspoons

28g
7 teaspoons

PROTEIN

7g

9g

10g

5g

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