



# 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

