

# New Periodic Table of Caffeine Beverages

## Promotes Knowledgeable Choices

**OWATONNA, Minn.** -- Do you get your caffeine fix with Rockstar, Red Bull, Mountain Dew or a cup of strong coffee? Or do you try to avoid caffeine and look for it buried among beverage ingredient listings?

Now you can make your caffeinated choices more easily by using the Periodic Table of Caffeine Beverages just released from Learning ZoneXpress.

"We wanted to develop a quick, fun reference chart that displays the caffeine content of popular beverages," said Melanie Nelson, president of Learning ZoneXpress. "With the explosion of caffeinated everything, from water to extreme energy drinks, it's handy to know how much caffeine is in what - at a glance."

Caffeine amounts are calculated, for comparison sake, per eight ounces of beverage. Think you know your caffeine? Check out these listings from the chart:

- \* Decaf coffee has 2 milligrams per eight ounces
- \* A&W Cream Soda has 19 milligrams per eight ounces
- \* Water Joe has 28 milligrams per eight ounces
- \* Naked Juice Energy has 43 milligrams per eight ounces
- \* Rockstar Zero Carb has 120 milligrams per eight ounces
- \* Nos has 125 milligrams per eight ounces
- \* Starbucks doubleshot has 160 milligrams per eight ounces
- \* Espresso has 504 milligrams per eight ounces

The chart includes the caffeine levels of 54 beverages and is designed as a reference tool for schools, doctors' offices, fitness centers and workplaces.

To order Caffeine Periodic Table and other educational materials from Learning ZoneXpress, call 1-888-455-7003 or visit [www.learningzonexpress.com](http://www.learningzonexpress.com).

### **About Learning ZoneXpress**

Learning ZoneXpress, located in Owatonna, Minn., is a leading source of expert, "edutaining" and award-winning learning tools. Its products include posters, videos, DVDs, games, Power Point® presentations, and curricula for teachers, libraries, early childhood educators, food service, public health and wellness, and corporate professionals. For more information visit [www.learningzonexpress.com](http://www.learningzonexpress.com).



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