Sugar Content in Sports/Energy Drinks

- **Rockstar Punched Guava**
  - 500ml can = 19.5 teaspoons

- **Powerade**
  - Berry/Tropical Fruits
  - 500ml bottle = 5 teaspoons

- **Lucozade Sport Orange**
  - 500ml Bottle = 4.5 teaspoons

- **Tesco Active Isotonic**
  - 500ml Bottle = 5 teaspoons

- **Lucozade Energy Orange**
  - 380ml bottle = 11.5 teaspoons

- **Monster Origin Energy**
  - 500ml can = 13.5 teaspoons

- **RedBull Energy**
  - 250ml = 6.5 teaspoons

- **Lucozade Energy reduced sugar**
  - 500ml = 5 teaspoons