

Sugar Content in Sports/Energy Drinks



Rockstar Punched Guava
500ml can = 19.5 teaspoons



Powerade –
Berry/Tropical Fruits
500ml bottle – 5 tps



Lucozade Sport Orange
500ml Bottle – 4.5 tps



Tesco Active Isotonic
500ml Bottle – 5 tps



Lucozade Energy Orange
380ml bottle – 11.5 tps



Monster Origin Energy
500ml can – 13.5 tps



Red Bull Energy
250ml- 6.5 tps



Lucozade Energy reduced
sugar
500ml – 5 tps

