



## Energy Drinks Survey 2015 - All Data

Data table sorted by category, alphabetically, highest sugars (g) per 100ml

Product information was collected online, instore or direct from manufacturers

Colour coding based on new front of pack colour-coded nutrition labelling criteria

Sugars - Red >13.5g/portion or >11.25g/100ml, Amber >2.5≤11.25/100ml, Green ≤2.25g/100ml

Brand Name	Product Name	Sugars (g) per 100ml
Sainsbury's	Sainsbury's Orange Energy Drink 1L	15.9
Rockstar	Rockstar Punched Energy + Guava Tropical Guava Flavour 500ml	15.6
Rockstar	Rockstar Juiced Energy + Juice Mango Orange Passion Fruit Flavour 500ml	15.2
Rockstar	Rockstar Punched Energy + Punch Fruit Punch Flavour 500ml	15.2
Red Devil	Red Devil Energy Drink 250ml	15.0
Lucozade	Lucozade Energy Pink Lemonade 500ml	14.0
Lucozade	Lucozade Energy Caribbean Crush 500ml	14.0
Lucozade	Lucozade Energy Pink Lemonade 380ml	14.0
Lucozade	Lucozade Energy Caribbean Crush 380ml	14.0
Innocent	Innocent Super Smoothie Energise 360ml	14.0
Lucozade	Lucozade Energy Pink Lemonade 1L	14.0
Rockstar	Rockstar Super Sours Energy Drink Bubbleburst 500ml	13.8
Rockstar	Rockstar Xduration Performance Energy Blueberry, Pomegranate and Acai Flavour 500ml	13.8
Rockstar	Rockstar Super Sours Energy Drink Green Apple 500ml	13.8
Rockstar	Rockstar Energy Cola 500ml	13.6
Rockstar	Rockstar Energy Drink 500ml	13.5
Rockstar	Rockstar Xduration Performance Energy Orange Flavour 500ml	13.5
Rockstar	Rockstar Xduration Performance Energy Tropical Orange Flavour 500ml	13.5
Lucozade	Lucozade Energy Lemon 380ml	13.5
Lucozade	Lucozade Energy Caribbean Crush 1L	13.5
Emerge	Emerge Glucose Energy Drink Orange 380ml	13.4
Lucozade	Lucozade Energy Apple 380ml	13.4
Lucozade	Lucozade Energy Blackcurrant 500ml	13.3
Red Alert	Red Alert Energising Drink 250ml	13.3
Rockstar	Rockstar Energy Drink 1L	13.2
Mountain Dew	Mountain Dew Energy 500ml	13.0
Lucozade	Lucozade Energy Tropical 380ml	13.0
Lucozade	Lucozade Energy Orange 500ml	12.5
Lucozade	Lucozade Energy Orange 380ml	12.5
Lucozade	Lucozade Energy Orange 1L	12.5
Lucozade	Lucozade Energy Orange 250ml	12.5
Lucozade	Lucozade Energy Limited Edition Melonade 500ml	12.4
Lucozade	Lucozade Energy The Brazilian Mango Mandarin 500ml	12.4
Lucozade	Lucozade Energy Limited Edition Melonade 380ml	12.4
Lucozade	Lucozade Energy Limited Edition Melonade 1L	12.4
USN	USN Spike Energy Caffeine	12.4
Lucozade	Lucozade Energy Cherry 500ml	12.3
Lucozade	Lucozade Energy Cherry 380ml	12.3
Lucozade	Lucozade Energy Strawberry 380ml	12.3
Lucozade	Lucozade Energy Blackcurrant 380ml	12.2
Big Up	Big Up Power Fruit Punch Energy Drink 250ml	12.2
Rockstar	Rockstar Recovery Energy + Hydration Non-Carbonated Lemonade with Added Juice 500ml	12.1
Big Up	Big Up Power Wild Ginger Energy Drink 250ml	12.1
No Fear	No Fear Super Charged 50% more Caffeine 355ml	12.0
SoBe	SoBe Pure Rush Energy Drink Appleberry Burst 250ml	12.0
SoBe	SoBe Pure Rush Energy Drink Tropical Twist 250ml	12.0
Relentless	Relentless Lemon Ice Energy Drink 500ml	11.6
Lucozade	Lucozade Black Edition Cola Energy Drink 500ml	11.3
Lucozade	Lucozade Black Edition Cola Energy Drink 380ml	11.3
Black	Black Mojito Energy Drink 250ml	11.3
Lucozade	Lucozade Energy Drink Black Edition Cola 1L	11.3
Boost	Boost Energy Cola 250ml	11.2
V	V Guarana Energy Drink 250ml	11.2
Boost	Boost Active Glucose Original 500ml	11.1
Boost	Boost Active Original Energy Drink 500ml	11.1
Boost	Boost Active Glucose Original Energy Drink 500ml	11.1
Boost	Boost Active Orange Energy Drink 500ml	11.1
Boost	Boost Active Original Energy Drink 1L	11.1
Monster	Monster Energy 500ml	11.0
Red Bull	Red Bull Energy Drink 473ml	11.0
Red Bull	Red Bull Energy Drink 355ml	11.0
Barr	Barr Strike Energy 330ml	11.0
Red Bull	Red Bull Energy Drink 330ml	11.0
Red Bull	Red Bull The Red Edition Energy Drink 250ml	11.0
Red Bull	Red Bull The Blue Edition Energy Drink 250ml	11.0
Red Bull	Red Bull The Silver Edition Energy Drink 250ml	11.0

Brand Name	Product Name	Sugars (g) per 100ml
Red Bull	Red Bull Energy Drink 250ml	11.0
Boost	Boost Energy 500ml	10.9
Sainsbury's	Sainsbury's Blue Bolt Energy Drink 500ml	10.9
Sainsbury's	Sainsbury's Blue Bolt Cherry & Blackcurrant Energy Drink 500ml	10.9
Boost	Boost Energy 1L	10.9
Kick	Kick Limited Edition Energy Drink 250ml	10.9
Sainsbury's	Sainsbury's Blue Bolt Energy Drink 250ml	10.9
Sainsbury's	Sainsbury's Blue Bolt Energy Drink 1L	10.9
Sainsbury's	Sainsbury's Blue Bolt Cherry & Blackcurrant Energy Drink 250ml	10.9
Sainsbury's	Sainsbury's Blue Bolt Cherry & Blackcurrant Energy Drink 1L	10.9
Tiger	Tiger Energy Drink 250ml	10.9
Tropicana	Tropicana Energy Mango and Guava with Passionfruit 150ml	10.9
Black	Black Energy Drink Pet 500ml	10.8
Black	Black Energy Gold 500ml	10.8
Big Up	Big Up Power Energy Drink 250ml	10.8
Black	Black Energy Drink Pet 1L	10.8
Black	Black Energy Drink 250ml	10.8
KX	KX Tropical Energy Drink 250ml	10.8
KX	KX Tropical Energy Drink 1L	10.8
Scheckter's	Scheckter's Organic Energy Fairtrade 250ml	10.8
Singh is King	Singh is King Energy Drink India's Energy Drink 250ml	10.8
Relentless	Relentless Tropical Juiced Energy Drink 500ml	10.7
Effect	Effect the Mental Energizer 330ml	10.7
Asda	Asda Chosen by You Original Blue Charge 250ml	10.7
Boost	Boost Energy Orange and Mango 500ml	10.6
Monster	Monster Ripper Energy + Juice 500ml	10.6
Relentless	Relentless Berry Juiced Energy Drink 500ml	10.6
V	V Energy Drink 500ml	10.6
Boost	Boost Energy 250ml	10.6
Boost	Boost Energy Citrus 250ml	10.6
Boost	Boost Energy Orange and Mango 250ml	10.6
P***y	P***y Natural Energy Drink 250ml	10.6
Red Rooster	Red Rooster Stimulation Drink 250ml	10.6
Red Rooster	Red Rooster Stimulation Drink 1L	10.6
Sainsbury's	Sainsbury's Blue Bolt Mango & Passion Fruit Energy Drink 250ml	10.6
KX	KX Special Edition Jason Plato Energy Stimulation Drink 500ml	10.5
Powerade	Powerade Energy Sparkling Orange 500ml	10.5
Powerade	Powerade Energy Sparkling Berry 500ml	10.5
Powerade	Powerade Energy Sparkling Berry 375ml	10.5
Barr	Barr Strike Energy Drink 250ml	10.5
Boost	Boost Drinks Energy Drink Original 250ml	10.5
Lidl	Lidl Mixed Up Tropical Juiced Stimulation Drink 250ml	10.5
Asda	Asda Chosen by You Mixed Fruit Blue Charge Energy Drink 1L	10.4
Asda	Asda Chosen by You Orange Twist Blue Charge Energy Drink 250ml	10.4
Waitrose	Waitrose Love Life Energy Release Drink 250ml	10.4
Morrisons	Morrisons Source Energy Drink 250ml	10.3
Relentless	Relentless Orange Energy Drink 500ml	10.2
KX	KX Citrus Stimulation Drink 250ml	10.2
KX	KX Energy Stimulation Drink 500ml	10.1
Relentless	Relentless Origin Energy Drink 500ml	10.1
No Fear	No Fear Extreme Energy 485ml	10.1
KX	KX Energy Stimulation Drink 1L	10.1
KX	KX Energy Stimulation Drink 250ml	10.1
KX	KX Red Berry Stimulation Drink 250ml	10.1
KX	KX Red Berry Stimulation Drink 1L	10.1
Relentless	Relentless Origin Energy Drink 250ml	10.1
Best-in	Best-in Stimulation Drink 500ml	10.0
Guaraná	Guaraná Antarctica Energy Drink 500ml	10.0
Guaraná	Guaraná Antarctica Energy Drink 330ml	10.0
Monster	Monster Ripper Energy + Juice 250ml	10.0
P***y	P***y Natural Energy Drink 250ml	9.9
Emerge	Emerge Stimulation Drink 500ml	9.8
Best-in	Best-in Stimulation Drink 250ml	9.8
Emerge	Emerge Stimulation Drink 250ml	9.8
Tesco	Blue Spark 6 x 250ml	9.8
Tropicana	Tropicana Energy Pineapple, Mango and Banana 150ml	9.8
Asda	Asda Chosen by You Original Energy Drink 1L	9.6
Emerge	Emerge Glucose Energy Drink Original 380ml	9.4
EQ8	EQ8 Natural Energy Drink Orange & Passion Fruit 250ml	9.3
Monster	Monster Energy Export 500ml	9.0
Little BigShot	Little BigShot Energy Mixed Berry 330ml - without caffeine!	9.0
Lucozade	Lucozade Energy Original 330ml	9.0
Red Bull	Red Bull Simply Cola 355ml	8.8
Lucozade	Lucozade Energy Original 500ml	8.7

Brand Name	Product Name	Sugars (g) per 100ml
Lucozade	Lucozade Energy Original 380ml	8.7
Lucozade	Lucozade Energy Original 1L	8.7
Lucozade	Lucozade Energy Original 250ml	8.7
Monster	Monster Khaos Energy + Juice 500ml	7.8
Scheckter's	Scheckter's Organic Energy Fairtrade Lite 250ml	7.0
Vitabiotics Wellman	Wellman High Performance Health & Vitality Just for Men 250ml	6.9
Little Miracles	Organic Energy Black Tea, Ginseng, Peach, Acai, Agave 330ml	6.6
Mountain Dew	Mountain Dew AMP Energy Drink 500ml	6.3
Little Miracles	Organic Energy White Tea, Ginseng, Cherry, Acai, Agave 330ml	6.3
EQ8	EQ8 Natural Energy Drink Cranberry & Apple 250ml	6.3
Little Miracles	Organic Energy Green Tea, Ginseng, Pomegranate, Acai, Acave 330ml	6.2
Organiq	Organiq Natural Energy Drink 269ml	5.6
Lucozade	Lucozade Energy Reduced Sugar Cloudy Lemonade 500ml	4.1
Multipower	Multipower Red Kick Energy Drink 330ml	4.0
Cornish	Cornish Bite Energy Drink Apple 250ml	3.9
Lucozade	Lucozade Revive Light Energising Drink Orange with Acai 380ml	2.9
Lucozade	Lucozade Revive Low Calorie Strawberry with Lime 380ml	2.9
Lucozade	Lucozade Revive Light Energising Drink Lemongrass with Ginger 380ml	2.8
Lucozade	Lucozade Revive Light Energising Drink Cranberry with Acai 4 x 380ml	2.7
Monster	Monster Rehab Tea + Still Lemonade + Energy 500ml	2.1
Monster	Monster Rehab Tea Orangeade Energy 500ml	2.1
Monster	Monster Rehab Green Tea Energy 500ml	1.9
Monster	Monster Lo-Carb Energy 500ml	1.4
Vitabiotics Wellwoman	Wellwoman With Pomegranate and Cranberry Juice Low Calorie 250ml	1.0
Marks & Spencer	Revitalize Sparkling Apple + Blueberry Fruit Juice Drink, added vitamins, caffeine, guarana & green tea 250ml	0.6
Black	Black Energy Drink Black Sugar Free Energy Drink 250ml	0.5
Emerge	Emerge Sugar Free Stimulation Drink 250ml	0.3
Asda	Asda Chosen by You Diet Cranberry Blue Charge Energy Drink 1L	0.1
Asda	Asda Chosen by You Diet Cranberry Blue Charge Energy Drink 250ml	0.1
Best-in	Best-in Intense Stimulation Shot 60ml	0.0
Red Bull	Red Bull Sugarfree Shot 60ml	0.0
Aldi	Red Thunder Hi-Impact Stimulation Drink Diet 1L	0.0
Asda	Asda Chosen by You Diet Blue Charge Energy Drink 250ml	0.0
Asda	Asda Chosen by You Diet Summer Fruits Blue Charge Energy Drink 250ml	0.0
Best-in	Best-in Sugar Free Stimulation Drink 250ml	0.0
Boost	Boost Sugar Free Stimulation 250ml	0.0
KX	KX Sugar Free Stimulation Drink 250ml	0.0
KX	KX Sugar Free Red Berry Stimulation Drink 250ml	0.0
KX	KX Sugar Free Tropical Stimulation Drink 250ml	0.0
KX	KX Sugar Free Citrus Stimulation Drink 250ml	0.0
KX	KX Sugar Free Red Berry Stimulation Drink 250ml	0.0
Red Bull	Red Bull Zero Calories 250ml	0.0
Red Bull	Red Bull Sugarfree 250ml	0.0
Red Rooster	Red Rooster Light Stimulation Drink 250ml	0.0
Red Rooster	Red Rooster Light Stimulation Drink 1L	0.0
Sainsbury's	Sainsbury's Pink Bolt Zero Strawberry & Kiwi 250ml	0.0
Sainsbury's	Sainsbury's Pink Bolt Zero Strawberry & Kiwi 1L	0.0
Sainsbury's	Sainsbury's Blue Bolt Zero with Taurine and Caffeine 1L	0.0
Sainsbury's	Sainsbury's Blue Bolt Zero 250ml	0.0
Tesco	Tesco Blue Spark Sugar Free 6 x 250ml	0.0
Red Bull	Red Bull Sugar Free 355ml	0.0
Rockstar	Rockstar Sugar Free PerfectBerry 355ml	0.0
Boost	Boost Sugar Free Stimulation 500ml	0.0
Monster	Monster Energy Absolutely Zero 500ml	0.0
Relentless	Relentless Sugar Free 500ml	0.0
Rockstar	Rockstar Pure Zero Energy Drink 500ml	0.0
Sainsbury's	Sainsbury's Pink Bolt Zero Strawberry & Kiwi 500ml	0.0