



## Energy Drinks Survey 2015 - All Data

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

Product information was collected online, in-store 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

\*Serving/portion size ranged from 60 – 500ml. For products sold in 1 litre bottles, 250ml serving size was used in calculating the sugar content per serving.

Brand Name	Product Name	Serving Size (ml)	Energy (kcal) per serving*	Sugar (g) per serving*	Teaspoons of sugar per serving*
Rockstar	Rockstar Punched Energy + Guava Tropical Guava Flavour 500ml	500	335	78.0	20
Rockstar	Rockstar Juiced Energy + Juice Mango Orange Passion Fruit Flavour 500ml	500	330	76.0	19
Rockstar	Rockstar Punched Energy + Punch Fruit Punch Flavour 500ml	500	320	76.0	19
Lucozade	Lucozade Energy Pink Lemonade 500ml	500	285	70.0	18
Lucozade	Lucozade Energy Caribbean Crush 500ml	500	285	70.0	18
Rockstar	Rockstar Super Sours Energy Drink Bubbleburst 500ml	500	295	69.0	17
Rockstar	Rockstar Xduration Performance Energy Blueberry, Pomegranate and Acai Flavour 500ml	500	285	69.0	17
Rockstar	Rockstar Super Sours Energy Drink Green Apple 500ml	500	295	69.0	17
Rockstar	Rockstar Energy Cola 500ml	500	280	68.0	17
Rockstar	Rockstar Energy Drink 500ml	500	295	67.5	17
Rockstar	Rockstar Xduration Performance Energy Orange Flavour 500ml	500	275	67.5	17
Rockstar	Rockstar Xduration Performance Energy Tropical Orange Flavour 500ml	500	280	67.5	17
Lucozade	Lucozade Energy Blackcurrant 500ml	500	335	66.5	17
Mountain Dew	Mountain Dew Energy 500ml	500	240	65.0	16
Lucozade	Lucozade Energy Orange 500ml	500	310	62.5	16
Lucozade	Lucozade Energy Limited Edition Melonade 500ml	500	310	62.0	16
Lucozade	Lucozade Energy The Brazilian Mango Mandarin 500ml	500	310	62.0	16
Lucozade	Lucozade Energy Cherry 500ml	500	305	61.5	15
Rockstar	Rockstar Recovery Energy + Hydration Non-Carbonated Lemonade with Added Juice 500ml	500	260	60.5	15
Relentless	Relentless Lemon Ice Energy Drink 500ml	500	240	58.0	15
Lucozade	Lucozade Black Edition Cola Energy Drink 500ml	500	290	56.5	14
Boost	Boost Active Glucose Original 500ml	500	350	55.5	14
Boost	Boost Active Original Energy Drink 500ml	500	350	55.5	14
Boost	Boost Active Glucose Original Energy Drink 500ml	500	350	55.5	14
Boost	Boost Active Orange Energy Drink 500ml	500	290	55.5	14
Monster	Monster Energy 500ml	500	240	55.0	14
Boost	Boost Energy 500ml	500	235	54.5	14
Sainsbury's	Sainsbury's Blue Bolt Energy Drink 500ml	500	245	54.5	14
Sainsbury's	Sainsbury's Blue Bolt Cherry & Blackcurrant Energy Drink 500ml	500	240	54.5	14
Black	Black Energy Drink Pet 500ml	500	230	54.0	14
Black	Black Energy Gold 500ml	500	230	54.0	14
Relentless	Relentless Tropical Juiced Energy Drink 500ml	500	220	53.5	13
Lucozade	Lucozade Energy Pink Lemonade 380ml	380	217	53.2	13
Lucozade	Lucozade Energy Caribbean Crush 380ml	380	217	53.2	13
Boost	Boost Energy Orange and Mango 500ml	500	235	53.0	13
Monster	Monster Ripper Energy + Juice 500ml	500	235	53.0	13
Relentless	Relentless Berry Juiced Energy Drink 500ml	500	220	53.0	13
V	V Energy Drink 500ml	500	225	53.0	13
KX	KX Special Edition Jason Plato Energy Stimulation Drink 500ml	500	230	52.5	13
Powerade	Powerade Energy Sparkling Orange 500ml	500	225	52.5	13
Powerade	Powerade Energy Sparkling Berry 500ml	500	220	52.5	13
Red Bull	Red Bull Energy Drink 473ml	473	218	52.0	13
Lucozade	Lucozade Energy Lemon 380ml	380	266	51.3	13
Relentless	Relentless Orange Energy Drink 500ml	500	215	51.0	13
Emerge	Emerge Glucose Energy Drink Orange 380ml	380	274	50.9	13
Lucozade	Lucozade Energy Apple 380ml	380	258	50.9	13
KX	KX Energy Stimulation Drink 500ml	500	220	50.5	13
Relentless	Relentless Origin Energy Drink 500ml	500	215	50.5	13
Best-in	Best-in Stimulation Drink 500ml	500	210	50.0	13
Guaraná	Guaraná Antarctica Energy Drink 500ml	500	200	50.0	13
Lucozade	Lucozade Energy Tropical 380ml	380	266	49.4	12
Innocent	Innocent Super Smoothie Energise 360ml	360	223	49.0	12
Emerge	Emerge Stimulation Drink 500ml	500	210	49.0	12
No Fear	No Fear Extreme Energy 485ml	485	223	49.0	12
Lucozade	Lucozade Energy Orange 380ml	380	236	47.5	12
Lucozade	Lucozade Energy Limited Edition Melonade 380ml	380	236	47.1	12
Lucozade	Lucozade Energy Cherry 380ml	380	232	46.7	12
Lucozade	Lucozade Energy Strawberry 380ml	380	232	46.7	12
Lucozade	Lucozade Energy Blackcurrant 380ml	380	232	46.4	12
Monster	Monster Energy Export 500ml	500	200	45.0	11
Lucozade	Lucozade Energy Original 500ml	500	350	43.5	11
Lucozade	Lucozade Black Edition Cola Energy Drink 380ml	380	220	42.9	11
No Fear	No Fear Super Charged 50% more Caffeine 355ml	355	170	42.6	11
Sainsbury's	Sainsbury's Orange Energy Drink 1L	250	167	39.9	10
Powerade	Powerade Energy Sparkling Berry 375ml	375	165	39.4	10
Red Bull	Red Bull Energy Drink 355ml	355	163	39.1	10
Monster	Monster Khaos Energy + Juice 500ml	500	170	39.0	10
Red Devil	Red Devil Energy Drink 250ml	250	160	37.5	9
Barr	Barr Strike Energy 330ml	330	145	36.3	9
Red Bull	Red Bull Energy Drink 330ml	330	152	36.3	9
Emerge	Emerge Glucose Energy Drink Original 380ml	380	277	35.7	9
Effect	Effect the Mental Energizer 330ml	330	149	35.3	9
Lucozade	Lucozade Energy Pink Lemonade 1L	250	143	35.0	9
Lucozade	Lucozade Energy Caribbean Crush 1L	250	143	33.8	8
Red Alert	Red Alert Energising Drink 250ml	250	138	33.3	8
Lucozade	Lucozade Energy Original 380ml	380	266	33.1	8
Rockstar	Rockstar Energy Drink 1L	250	145	33.0	8
Guaraná	Guaraná Antarctica Energy Drink 330ml	330	132	33.0	8

Brand Name	Product Name	Serving Size (ml)	Energy (kcal) per serving*	Sugar (g) per serving*	Teaspoons of sugar per serving*
Mountain Dew	Mountain Dew AMP Energy Drink 500ml	500	130	31.5	8
Lucozade	Lucozade Energy Orange 1L	250	155	31.3	8
Lucozade	Lucozade Energy Orange 250ml	250	155	31.3	8
Red Bull	Red Bull Simply Cola 355ml	355	135	31.2	8
Lucozade	Lucozade Energy Limited Edition Melonade 1L	250	155	31.0	8
USN	USN Spike Energy Caffeine	250	133	31.0	8
Big Up	Big Up Power Fruit Punch Energy Drink 250ml	250	130	30.5	8
Big Up	Big Up Power Wild Ginger Energy Drink 250ml	250	128	30.3	8
SoBe	SoBe Pure Rush Energy Drink Appleberry Burst 250ml	250	135	30.0	8
SoBe	SoBe Pure Rush Energy Drink Tropical Twist 250ml	250	135	30.0	8
Little BigShot	Little BigShot Energy Mixed Berry 330ml - without caffeine!	330	119	29.7	7
Lucozade	Lucozade Energy Original 330ml	330	231	29.7	7
Black	Black Mojito Energy Drink 250ml	250	118	28.3	7
Lucozade	Lucozade Energy Drink Black Edition Cola 1L	250	145	28.3	7
Boost	Boost Energy Cola 250ml	250	118	28.0	7
V	V Guarana Energy Drink 250ml	250	113	28.0	7
Boost	Boost Active Original Energy Drink 1L	250	175	27.8	7
Red Bull	Red Bull The Red Edition Energy Drink 250ml	250	115	27.5	7
Red Bull	Red Bull The Blue Edition Energy Drink 250ml	250	115	27.5	7
Red Bull	Red Bull The Silver Edition Energy Drink 250ml	250	115	27.5	7
Red Bull	Red Bull Energy Drink 250ml	250	115	27.5	7
Boost	Boost Energy 1L	250	118	27.3	7
Kick	Kick Limited Edition Energy Drink 250ml	250	120	27.3	7
Sainsbury's	Sainsbury's Blue Bolt Energy Drink 250ml	250	123	27.3	7
Sainsbury's	Sainsbury's Blue Bolt Energy Drink 1L	250	123	27.3	7
Sainsbury's	Sainsbury's Blue Bolt Cherry & Blackcurrant Energy Drink 250ml	250	120	27.3	7
Sainsbury's	Sainsbury's Blue Bolt Cherry & Blackcurrant Energy Drink 1L	250	120	27.3	7
Tiger	Tiger Energy Drink 250ml	250	115	27.3	7
Big Up	Big Up Power Energy Drink 250ml	250	115	27.0	7
Black	Black Energy Drink Pet 1L	250	115	27.0	7
Black	Black Energy Drink 250ml	250	115	27.0	7
KX	KX Tropical Energy Drink 250ml	250	115	27.0	7
KX	KX Tropical Energy Drink 1L	250	115	27.0	7
Scheckter's	Scheckter's Organic Energy Fairtrade 250ml	250	119	27.0	7
Singh is King	Singh is King Energy Drink India's Energy Drink 250ml	250	120	27.0	7
Asda	Asda Chosen by You Original Blue Charge 250ml	250	120	26.8	7
Boost	Boost Energy 250ml	250	118	26.5	7
Boost	Boost Energy Citrus 250ml	250	115	26.5	7
Boost	Boost Energy Orange and Mango 250ml	250	118	26.5	7
P***y	P***y Natural Energy Drink 250ml	250	103	26.5	7
Red Rooster	Red Rooster Stimulation Drink 250ml	250	118	26.5	7
Red Rooster	Red Rooster Stimulation Drink 1L	250	118	26.5	7
Sainsbury's	Sainsbury's Blue Bolt Mango & Passion Fruit Energy Drink 250ml	250	120	26.5	7
Barr	Barr Strike Energy Drink 250ml	250	115	26.3	7
Boost	Boost Drinks Energy Drink Original 250ml	250	118	26.3	7
Lidl	Lidl Mixed Up Tropical Juiced Stimulation Drink 250ml	250	115	26.3	7
Asda	Asda Chosen by You Mixed Fruit Blue Charge Energy Drink 1L	250	115	26.0	7
Asda	Asda Chosen by You Orange Twist Blue Charge Energy Drink 250ml	250	115	26.0	7
Waitrose	Waitrose Love Life Energy Release Drink 250ml	250	118	26.0	7
Morrisons	Morrisons Source Energy Drink 250ml	250	110	25.8	6
KX	KX Citrus Stimulation Drink 250ml	250	113	25.5	6
KX	KX Energy Stimulation Drink 1L	250	110	25.3	6
KX	KX Energy Stimulation Drink 250ml	250	110	25.3	6
KX	KX Red Berry Stimulation Drink 250ml	250	105	25.3	6
KX	KX Red Berry Stimulation Drink 1L	250	105	25.3	6
Relentless	Relentless Origin Energy Drink 250ml	250	108	25.3	6
Monster	Monster Ripper Energy + Juice 250ml	250	118	25.0	6
P***y	P***y Natural Energy Drink 250ml	250	105	24.8	6
Best-in	Best-in Stimulation Drink 250ml	250	105	24.5	6
Emerge	Emerge Stimulation Drink 250ml	250	105	24.5	6
Tesco	Blue Spark 6 x 250ml	250	110	24.5	6
Asda	Asda Chosen by You Original Energy Drink 1L	250	188	24.0	6
EQ8	EQ8 Natural Energy Drink Orange & Passion Fruit 250ml	250	99	23.3	6
Little Miracles	Organic Energy Black Tea, Ginseng, Peach, Acai, Agave 330ml	330	21	21.8	5
Lucozade	Lucozade Energy Original 1L	250	175	21.8	5
Lucozade	Lucozade Energy Original 250ml	250	175	21.8	5
Little Miracles	Organic Energy White Tea, Ginseng, Cherry, Acai, Agave 330ml	330	89	20.8	5
Lucozade	Lucozade Energy Reduced Sugar Cloudy Lemonade 500ml	500	170	20.5	5
Little Miracles	Organic Energy Green Tea, Ginseng, Pomegranate, Acai, Acave 330ml	330	86	20.5	5
Scheckter's	Scheckter's Organic Energy Fairtrade Lite 250ml	250	78	17.5	4
Vitabiotics Wellman	Wellman High Performance Health & Vitality Just for Men 250ml	250	73	17.3	4
Tropicana	Tropicana Energy Mango and Guava with Passionfruit 150ml	150	80	16.4	4
EQ8	EQ8 Natural Energy Drink Cranberry & Apple 250ml	250	72	15.8	4
Organiq	Organiq Natural Energy Drink 269ml	269	114	15.1	4
Tropicana	Tropicana Energy Pineapple, Mango and Banana 150ml	150	74	14.7	4
Multipower	Multipower Red Kick Energy Drink 330ml	330	56	13.2	3
Lucozade	Lucozade Revive Light Energising Drink Orange with Acai 380ml	380	49	11.0	3
Lucozade	Lucozade Revive Low Calorie Strawberry with Lime 380ml	380	49	11.0	3
Lucozade	Lucozade Revive Light Energising Drink Lemongrass with Ginger 380ml	380	49	10.6	3
Monster	Monster Rehab Tea + Still Lemonade + Energy 500ml	500	50	10.5	3
Monster	Monster Rehab Tea Orangeade Energy 500ml	500	55	10.5	3
Lucozade	Lucozade Revive Light Energising Drink Cranberry with Acai 4 x 380ml	380	49	10.3	3
Cornish	Cornish Bite Energy Drink Apple 250ml	250	48	9.8	2
Monster	Monster Rehab Green Tea Energy 500ml	500	50	9.5	2
Monster	Monster Lo-Carb Energy 500ml	500	45	7.0	2
Vitabiotics Wellwoman	Wellwoman With Pomegranate and Cranberry Juice Low Calorie 250ml	250	13	2.5	1

Brand Name	Product Name	Serving Size (ml)	Energy (kcal) per serving*	Sugar (g) per serving*	Teaspoons of sugar per serving*
Marks & Spencer	Revitalize Sparkling Apple + Blueberry Fruit Juice Drink, added vitamins, caffeine 250ml	250	10	1.5	0
Black	Black Energy Drink Black Sugar Free Energy Drink 250ml	250	5	1.3	0
Emerge	Emerge Sugar Free Stimulation Drink 250ml	250	13	0.8	0
Asda	Asda Chosen by You Diet Cranberry Blue Charge Energy Drink 1L	250	10	0.3	0
Asda	Asda Chosen by You Diet Cranberry Blue Charge Energy Drink 250ml	250	10	0.3	0
Best-in	Best-in Intense Stimulation Shot 60ml	60	0	0.0	0
Red Bull	Red Bull Sugarfree Shot 60ml	60	0	0.0	0
Aldi	Red Thunder Hi-Impact Stimulation Drink Diet 1L	250	8	0.0	0
Asda	Asda Chosen by You Diet Blue Charge Energy Drink 250ml	250	13	0.0	0
Asda	Asda Chosen by You Diet Summer Fruits Blue Charge Energy Drink 250ml	250	8	0.0	0
Best-in	Best-in Sugar Free Stimulation Drink 250ml	250	8	0.0	0
Boost	Boost Sugar Free Stimulation 250ml	250	10	0.0	0
KX	KX Sugar Free Stimulation Drink 250ml	250	8	0.0	0
KX	KX Sugar Free Red Berry Stimulation Drink 250ml	250	10	0.0	0
KX	KX Sugar Free Tropical Stimulation Drink 250ml	250	10	0.0	0
KX	KX Sugar Free Citrus Stimulation Drink 250ml	250	10	0.0	0
KX	KX Sugar Free Red Berry Stimulation Drink 250ml	250	10	0.0	0
Red Bull	Red Bull Zero Calories 250ml	250	5	0.0	0
Red Bull	Red Bull Sugarfree 250ml	250	8	0.0	0
Red Rooster	Red Rooster Light Stimulation Drink 250ml	250	8	0.0	0
Red Rooster	Red Rooster Light Stimulation Drink 1L	250	8	0.0	0
Sainsbury's	Sainsbury's Pink Bolt Zero Strawberry & Kiwi 250ml	250	8	0.0	0
Sainsbury's	Sainsbury's Pink Bolt Zero Strawberry & Kiwi 1L	250	8	0.0	0
Sainsbury's	Sainsbury's Blue Bolt Zero with Taurine and Caffeine 1L	250	13	0.0	0
Sainsbury's	Sainsbury's Blue Bolt Zero 250ml	250	13	0.0	0
Tesco	Tesco Blue Spark Sugar Free 6 x 250ml	250	10	0.0	0
Red Bull	Red Bull Sugar Free 355ml	355	11	0.0	0
Rockstar	Rockstar Sugar Free PerfectBerry 355ml	355	11	0.0	0
Boost	Boost Sugar Free Stimulation 500ml	500	10	0.0	0
Monster	Monster Energy Absolutely Zero 500ml	500	15	0.0	0
Relentless	Relentless Sugar Free 500ml	500	15	0.0	0
Rockstar	Rockstar Pure Zero Energy Drink 500ml	500	20	0.0	0
Sainsbury's	Sainsbury's Pink Bolt Zero Strawberry & Kiwi 500ml	500	15	0.0	0