

Basic Report 14154, Beverages, Energy drink, RED BULL

Report Date: June 24, 2019 05:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can 8.4 fl oz 258g	1 serving 12 fl oz 369g	1 serving 16 fl oz 492g
Proximates					
Water	g	89.22	230.19	329.22	438.96
Energy	kcal	43	111	159	212
Protein	g	0.46	1.19	1.70	2.26
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	10.23	26.39	37.75	50.33
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	10.22	26.37	37.71	50.28
Minerals					
Calcium, Ca	mg	6	15	22	30
Iron, Fe	mg	0.06	0.15	0.22	0.30
Magnesium, Mg	mg	19	49	70	93
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	3	8	11	15
Sodium, Na	mg	39	101	144	192
Zinc, Zn	mg	0.01	0.03	0.04	0.05
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.040	0.103	0.148	0.197
Riboflavin	mg	0.103	0.266	0.380	0.507
Niacin	mg	9.827	25.354	36.262	48.349
Vitamin B-6	mg	2.167	5.591	7.996	10.662
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	1.97	5.08	7.27	9.69
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	29	75	107	143