

11 NON-COFFEE ALTERNATIVES FOR ENERGY

HIGH CAFFEINE



Yerba Mate
CAFFEINE CONTENT
80 mg per cup



Matcha Powder
CAFFEINE CONTENT
40-80 mg per cup



Chai Tea
CAFFEINE CONTENT
22 mg per cup



Kombucha
CAFFEINE CONTENT
15mg per 16oz bottle



Golden Milk
CAFFEINE CONTENT
Contains zero caffeine



Lemon Water
CAFFEINE CONTENT
Contains zero caffeine



Rooibos Tea
CAFFEINE CONTENT
Contains zero caffeine



**Apple Cider
Vinegar Shot**
CAFFEINE CONTENT
Contains zero caffeine



Mushroom Beverages
CAFFEINE CONTENT
Contains zero caffeine



Chicory Root
CAFFEINE CONTENT
Contains zero caffeine



Mixed Berry Smoothie
CAFFEINE CONTENT
Contains zero caffeine

LOW CAFFEINE

****Please note these are all approximations and caffeine content
depending on serving size, quality, & preparation may vary**

matcha.com

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Sebastian Brünink



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