



A CO-OP CAFFEINE GUIDE

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Willy Street Co-op offers a diverse selection of energy-boosting beverages, catering to various preferences regarding ingredients, caffeine levels, and overall flavor profile. Beyond the standard coffee and tea options, here is an outline of the different types of energy drinks you can find on our shelves.



COLD BREW & NITRO COFFEE

CAFFEINE-O-METER: 100–200 mg

KEY INGREDIENTS: coffee and water. Some have dairy milk, plant-based milk, and/or sweeteners.

FOR THOSE LOOKING FOR: natural, sustained alertness

EXAMPLES: Let It Ride Cold Brew (local!), Willy Street Co-op Cold Brew Coffee (local!), RISE Brewing Co Nitro Cold Brew Lattes, Pop & Bottle Cold Brew Almond Latte

Cold Brew and Nitro Coffee: Ready-to-drink coffee options, often unsweetened or lightly sweetened, providing a natural caffeine dose equivalent to a strong cup of coffee.



HIGH-DOSE ENERGY CANS

CAFFEINE-O-METER: 160–200 mg

KEY INGREDIENTS: caffeine, B vitamins, herbal extracts like guarana

FOR THOSE LOOKING FOR: maximum, immediate energy/stimulus

EXAMPLES: Celsius, Riot Energy, Hiball, Ardor

These are often highly caffeinated and designed for a quick, potent boost. Some major brands of these on the market today can get to staggeringly high levels of caffeine. At the Co-op, you'll find options that have overall cleaner ingredients with the highest dose of caffeine in a serving being 200 mg.



TEA-BASED DRINKS

CAFFEINE-O-METER: 15–150 mg

KEY INGREDIENTS: tea extract, yerba maté, natural sweeteners

FOR THOSE LOOKING FOR: smooth, focused, gentle energy

EXAMPLES: Yerba Madre, Willy Street Co-op Peach Black Iced Tea (local!), Steaz Organic Iced Green Tea, Guru (Willy North and West only), Nixie Green Tea Pomegranate Sparkling Water

These use brewed green, black, or yerba maté tea as the primary stimulant source, offering a gentler, more sustained lift than synthetic caffeine. Yerba maté is a traditional South American herbal drink made from the dried leaves and stems of the *Ilex paraguariensis* plant, and is renowned for its high caffeine content, along with antioxidants and nutrients.



BOTANICAL & ADAPTOGENIC BLENDS

CAFFEINE-O-METER: 85–100 mg

KEY INGREDIENTS: ginseng, L-Thanine, GABA, lion's mane mushroom extract, cordyceps mushroom extract

FOR THOSE LOOKING FOR: stress reduction, stamina, clean focus

EXAMPLES: Odyssey Mushroom Elixir (Willy North and West only), Lifeaid Focus Aid

This category appeals to customers looking for sustained energy without the jitters, often incorporating herbs known for their adaptogenic (stress-balancing) properties. Some bevies incorporate functional mushrooms (like Lion's Mane or Cordyceps) purported to aid focus and boost cognition.

SPARKLING JUICES & HYDRATION BOOSTS

CAFFEINE-O-METER: 69–150 mg

KEY INGREDIENTS: fruit juice and/or electrolytes

FOR THOSE LOOKING FOR: hydration and mild lift

EXAMPLES: Sambazon Amazon Energy, BUBBL'R

These options are generally lower in caffeine and rely on natural sugars, electrolytes, and occasionally small amounts of green tea or coffee fruit extract for a lift. They often prioritize hydration alongside mild energy.

