

ESTIMATION OF CAFFEINE CONTENT FROM SOFT AND ENERGY DRINKS OBTAINED FROM REGIONAL MARKET BY UV SPECTROSCOPY AND TLC.

SALONI DESAI

DEPARTMENT OF PHARMACEUTICAL QUALITY ASSURANCE,
ROFEL SHRILG.MUBILAKHIA COLLEGE OF PHARMACY

Abstract: This research is for to estimate the concentration of caffeine in soft drinks and energy drinks. In pure form, caffeine is a crystalline white powder moderately soluble in water and in a wide range of organic solvent such as ethanol, ethyl acetate, methanol, dichloromethane, chloroform etc. The caffeine is determined by using UV-Visible spectroscopy method using dichloromethane as an extracting solvent at 273nm wavelength. The method was found to be fast, simple, cost effective and environmental friendly for the determination of caffeine in soft drinks with satisfactory results. Caffeine is found in many beverages such as coffee, tea, energy drinks and colas which make the drinks addictive. Caffeine content in various energy drinks and beverage varies from 10 to 50 mg of caffeine per serving; however the US Food and Drug Administration (FDA, 2006) limits the maximum amount in carbonated beverages to 6 mg/oz. Large amount of caffeine consumption can cause physiological and psychiatrically dependence. The aim of this study is to determine the concentration of caffeine in soft drinks and energy drinks brands available in India to ensure whether the caffeine concentration in the follow soft drinks & energy drinks as per FDA recommendation or not. And other purpose of this research is to find erosion property of caffeine by determining buffer capacity. This research also helps to identify purity of caffeine by TLC (By measuring Rf value of sample compared with standard caffeine).

Keywords: Caffeine, soft drinks & energy drinks, UV Spectroscopy, TLC.

INTRODUCTION: Caffeine is a frequently used ingredient of energy drinks. It is added as a flavoring agent and to make the drinks addictive. Caffeine is a bitter in taste, white crystalline xanthenes alkaloid that acts as a psychoactive stimulant drug and a mild diuretic. It is an alkaloid of methylxanthine family. The methylxanthenes caffeine (1,3,7-trimethylxanthine), theobromine (3,7-dimethylxanthine), and theophylline (1,3-dimethylxanthine) can be normally found in colas nuts, coffee beans, cocoa beans, tea leaves, mate leaves and other kinds of plants. Caffeine serves as an ingredient in many carbonated soft drinks including colas, pepper-type beverages, and citrus beverages. Pure caffeine occurs as odorless, white, fleecy masses, glistening needles of powder. Caffeine has drawn more attention in the past decades due to its physiological effects beyond that of its stimulatory effect. The Food and Drug Administration (FDA) defines caffeine as a generally recognized as safe (GRAS) substance. However, FDA specifies that the maximum amount in carbonated beverages is limited to 0.02% (FDA, 2006).^[1,2]

STRUCTURE OF CAFFEINE:



Figure no.1 Structure of caffeine

Method Estimation Caffeine In Drinks Manual

Alan J. Budney



Method Estimation Caffeine In Drinks Manual:

Food Industries Manual Christopher G.J. Baker, M.D. Ranken, R.C. Kill, 2012-12-06 It is a measure of the rapidity of the changes The work has been revised and updated and taking place in the food industry that yet another following the logic of the flow sheets there is some edition of the Food Industries Manual is required simplification and rearrangement among the chap after a relatively short interval As before it is a ters Food Packaging now merits a separate pleasure to be involved in the work and we hope chapter and some previous sections dealing mainly that the results will continue to be of value to with storage have been expanded into a new readers wanting to know what how and why the chapter covering Food Factory Design and Opera food industry does the things which it does tions For this edition we have made a major depar There is one completely new chapter entitled ture from the style of earlier editions by comple Alcoholic Beverages divided into Wines Beers tely revising the layout of many of the chapters and Spirits There is a strain of thought which Previously the chapters were arranged as a series does not yet consider the production of those of notes on specific topics set out in alphabetical drinks to be a legitimate part of the food industry order in the manner of an encyclopaedia *Manual of Nutritional Therapeutics* ,2008 Now updated this quick reference provides practical evidence based recommendations for nutrition of healthy individuals nutritional support of hospitalized patients and dietary management of patients with diabetes renal disease cancer and AIDS *Manual of Nutritional Therapeutics* David H. Alpers, Beth E. Taylor, Dennis M. Bier, Samuel Klein, 2015-01-21 Meant for quick retrieval of vital information regarding the management of nutritional issues in patients with gastroenterological problems either primary or as the consequence of other medical disorders such as diabetes hyperlipidemia and obesity The book addresses normal physiology and pathophysiology and offers chapters on diseases that can lead to specific nutritional problems The clinical focus is on therapeutic nutrition and dietary management Illustrated Manual of Nursing Practice ,2002 Completely revised and updated this broad yet comprehensive edition contains twenty nine chapters on nursing issues and clinical practice Topics cover practice and process documentation legal issues health promotion physical assessment I V therapy surgical care and more Disorders are organized by body system and feature an overview of anatomy and physiology assessment diagnostic tests medication treatment and home care with coverage of care for maternal neonatal pediatric geriatric emergency and psychiatric patients Added features include grabbing nursing procedure graphics complementary therapies clinical pathways and cultural information Over 1 000 illustrations charts and graphs enhance the text with a new appendix relating Internet sites for nurses A Manual of Practical Chemistry Alexander Wynter Blyth, 1879 Law's Grocer's manual James Thomas Law (of Liverpool.), 1902 *Manual on Descriptive Analysis Testing for Sensory Evaluation* , *Therapy Manuals for Drug Addiction* Alan J. Budney, 1998 Presents clear helpful information to aid drug treatment practitioners in providing the best possible care that science has to offer **Therapy Manuals for Drug Addiction** ,1998 **Caffeine Dependence** Mira Skylark, AI, 2025-03-12 Caffeine Dependence explores

the significant impact of caffeine on our daily lives examining its effects on energy levels mood regulation and overall well being Many individuals rely on caffeine to kickstart their day or combat afternoon slumps often unaware of the underlying dependence The book highlights how caffeine a widely consumed psychoactive substance affects both physical and psychological states making it challenging to function without it Understanding these mechanisms is key to mindfully managing intake The book traces caffeine s journey from ancient rituals to modern day ubiquity revealing how it has become deeply embedded in our routines It delves into caffeine s chemical properties physiological effects and psychological dimensions of dependence including its impact on mood anxiety and sleep patterns The book further analyzes withdrawal symptoms such as headaches and fatigue and explores factors influencing their severity Drawing from scientific studies and personal accounts Caffeine Dependence adopts a fact based approach presenting complex concepts in an accessible manner The book progresses logically starting with caffeine s effects on the body and mind moving to the science of withdrawal and culminating in practical strategies for managing consumption These strategies include tapering methods alternative energy sources and lifestyle adjustments Readers will gain practical knowledge to identify dependence manage withdrawal and make informed decisions about their caffeine habits empowering them to take control of their consumption

Reviewing **Method Estimation Caffeine In Drinks Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Method Estimation Caffeine In Drinks Manual**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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