

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

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**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 xanthines alkaloid that acts as a psychoactive stimulant drug and a mild diuretic. It is an alkaloid of methylxanthine family. The methylxanthines 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).<sup>[1,2]</sup>

## STRUCTURE OF CAFFEINE:



Figure no.1 Structure of caffeine

# Method Estimation Caffeine In Drinks Manual

**B. Pam Ismail, S. Suzanne Nielsen**



### **Method Estimation Caffeine In Drinks Manual:**

Nielsen's Food Analysis Laboratory Manual B. Pam Ismail, S. Suzanne Nielsen, 2024-06-20 This fourth edition laboratory manual was written to accompany Nielsen's Food Analysis Sixth Edition by the same authors. New to this fourth edition of the laboratory manual are three new chapters that complement both the textbook chapters and the laboratory exercises. The book again contains four introductory chapters that help prepare students for doing food analysis laboratory exercises. The 26 laboratory exercises in the manual cover 24 of the 35 chapters in the textbook. Many of the laboratory exercises have multiple sections to cover several methods of analysis for a particular food component or characteristic. Most of the laboratory exercises include the following: background reading assignment, objective, principle of method, chemicals, reagents, precautions, and waste disposal, supplies, equipment, procedure, data and calculations, questions, and references. This laboratory manual is ideal for the laboratory portion of undergraduate courses in food analysis.

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