

ESTIMATION OF CAFFEINE CONTENT FROM SOFT AND ENERGYDRINKS 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 psychiatric 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 white crystalline xanthine alkaloid that acts as a psychostimulant 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 coffee beans, tea leaves, mate leaves and other kinds of plants. Caffeine serves as the ingredient in many carbonated soft drinks including colas, pepper-type beverages, and citrus beverages. Pure caffeine occurs as Odorless, white, foamy mess; glistening needles of powder. Caffeine has drawn more attention in the past decade 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 0.002% (FDA, 2006).^{1,2}

STRUCTURE OF CAFFEINE:



Figure no.1 Structure of caffeine

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Puja Mehta

Method Estimation Caffeine In Drinks Manual:

A Manual of Practical Chemistry Alexander Wynter Blyth,1879 *Law's Grocer's manual* James Thomas Law (of Liverpool.) 1902 **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

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