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See Nutrition & Ingredient Information for One of Our Products

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Mountain Dew

Mountain Dew exhilarates and quenches with its one of a kind great taste.

Do the Dew
mountaindew.com

Nutrition Info
Serving size 8 fl oz (240 mL)

Servings per 20 fl oz container: 2.5
For More information on Serving Sizes [Click Here](#).

	PER SERVING		PER CONTAINER	
	8 fl oz	% DV*	20 fl oz	% DV*
Calories	110	-	290	-
Total Fat (g)	0	0	0	0
Sodium (mg)	40	2	100	4
Total Carbs (g)	31	10	77	26
Sugars (g)	31	-	77	-
Protein (g)	0	-	0	-

Not a significant source of other nutrients.
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVES FRESHNESS), CAFFEINE, SODIUM CITRATE, ERYTHORBIC ACID (PRESERVES FRESHNESS), GUM ARABIC, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), BROMINATED VEGETABLE OIL, YELLOW 5



More Information Because You Asked

	PER SERVING	PER CONTAINER
	8 fl oz	20 fl oz
Caffeine (mg)	36	91
Potassium (mg)	0	10
Acesulfame Potassium (mg)	0	0
Aspartame (mg)	0	0
Sucralose (mg)	0	0

Servings Per Bottle: **2.5** · Calories: 110 per Serving, or 290 per Bottle · Grams of Sugar: 31 per serving, or 77 per Bottle
2.8 grams per packet of sugar (1 packet = 1 teaspoon) Packets of Sugar: 11 per Serving, or 27.5 per Bottle

Wouldn't Most People Usually Drink an Entire Bottle?