



Abstract

Caffeine [1,3,5 trimethyl xanthine] a psychoactive stimulant and a slight addiction drug is a vigorous ingredient that makes tea cherished to human being. In this study, the level of caffeine in certain tea brands found in the Pakistani market were determined by using High Performance Liquid Chromatography (HPLC). The Chromatography was performed on HPLC model LC-9 maker shimadzu 84, column C18 (4.6mm, 1D RP, 250mmL, 5 μ m particle size) at 30 C, with a mobile phase of methanol-water (60:40 v / v). The flow rate is 1ml/min, and detection was by UV-VIS at 254nm. The highest amount of caffeine in sample analyzed was found in Tetley and the lowest was in Lipton green tea. The level of caffeine in all tea brands are within FDA recommended range. However, the research concluded, caffeine has no nutrition value but a drug working through central nervous system. It is a pharma logical active ingredient that make you feel alert by blocking adenosine neurotransmitter for short span of time. Its impact on human body depend on the dosage, too much amount of caffeine should be eluded specially those who are hypertension patients or have coronary heart disease.