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3 **Title: Hazards of Energy Beverages - Their Abuse and Regulation**

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5 **Introduced by: James Sondheimer, MD, for the Wayne County Delegation**

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7 **Original Author: Mohammed Arsiwala, MD**

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9 **Referred to: Reference Committee E**

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11 **House Action:**

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14 **Whereas, there is widespread abuse of flavored and “HIP” energy drinks**  
15 **that are commonly consumed by teens, young adults and adults, and**

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17 **Whereas, four documented cases of death have been reported from**  
18 **consumption of these energy drinks as well as five reported and documented**  
19 **cases of seizures, and**

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21 **Whereas, a number of scientists are worried about the highly caffeinated**  
22 **beverages like “Red Bull, Rockstar, Monster, Full Throttle,” which are popular**  
23 **among teenagers and young adults, and**

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25 **Whereas, these unregulated beverages are sold side by side with sodas**  
26 **and fruit juices in gas stations, rest stops, pharmacies, local grocery stores,**  
27 **and**

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29 **Whereas, the researchers found that the drinks contains high levels of**  
30 **caffeine and warned that certain susceptible people risk dangerous, even life-**  
31 **threatening, effects on blood pressure, heart rate(reports of significant**  
32 **tachyarrhythmias) and brain function, and**

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34 **Whereas, a recent Mayo article cited “teens and young adults, both**  
35 **athletes and non-athletes, are consuming energy beverages at an alarming rate,**  
36 **we need to determine whether long-term use of energy beverages by this**  
37 **population will translate into effects later,”<sup>1</sup> and**

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39 **Whereas, manufacturers have labeled these energy beverages as “dietary**  
40 **supplement” which absolves them from federal regulation under FDA that**  
41 **governs the soda and juice industries and allows producers to make “structure**  
42 **and function” claims, like “enhances athletic performance” and “increases**  
43 **caloric burn and mental sharpness,” and**

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45 **Whereas, several states including Michigan have banned “four loko” a**  
46 **dangerous drink that has stimulants such as caffeine, taurine and guarana and**

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<sup>1</sup> Mayo Clin Proc. 2010, Nov; 85(11):1033-41. Energy beverages: content and safety. Higgins JP, Tuttle TD, Higgins CL

47 **when combined with alcohol, artificially nullifies the decreased mental alertness**  
48 **of alcohol by stimulants causing dangerous hazards of drunkenness, and**

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50 **Whereas, these energy beverages are being combined with regular**  
51 **alcoholic drinks in parties, bar and restaurants causing artificial state of mental**  
52 **alertness while being drunk; therefore be it**

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54 **RESOLVED: That MSMS, through our AMA delegation, seek**  
55 **Congressional action and any necessary regulatory action through the Food**  
56 **and Drug Administration to regulate very hazardous, “benign, consumer**  
57 **friendly looking” energy beverages (like Red Bull, Rockstar, Monster, Full**  
58 **Throttle); and be it further**

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60 **RESOLVED: That MSMS, through our AMA delegation, seek federal**  
61 **regulation to implement warning labels about the side effects of the contents of**  
62 **energy drinks, particularly when combined with alcohol; and be it further**

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64 **RESOLVED: That MSMS actively engage the Michigan legislature and the**  
65 **appropriate State of Michigan departments and agencies to educate the general**  
66 **population about the hazards and potentially life threatening consequences of**  
67 **consuming energy beverages; and be it further**

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69 **RESOLVED: That MSMS collaborate with appropriate State of Michigan**  
70 **departments and agencies to develop regulations for the sale and distribution**  
71 **of energy beverages to protect the public from their deleterious effects.**

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**WAYS AND MEANS COMMITTEE FISCAL NOTE: NONE**