

STATE SENATOR • MICKEY SWITALSKI • 10TH DISTRICT

Switalski Press Release

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FOR IMMEDIATE RELEASE
Oct 8, 2008

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Switalski to Red Bull: List the Caffeine

Senate Bill 1469 would require listing the total amount of caffeine in energy drinks and other bottled beverages

(LANSING)- State Senator Michael Switalski (D-Roseville) is calling on the Michigan Senate to take up legislation that would require all bottled drinks, such as energy drinks and pop, sold in Michigan to list the amount of caffeine they contain.

“Popularity with kids has made caffeine-laced energy drinks a \$5 billion a year business,” said Switalski. “New research has established a link between caffeine and numerous side effects, such as increased blood pressure, tremors, irregular heartbeat and the risks of stress and hypertension. Caffeine is a central nervous system stimulant and can be addictive. We should have as much information as possible into what we, and especially, our children, are putting into their bodies and this legislation helps achieve that goal.”

Senate Bill 1469 would require companies to place the amount of caffeine a particular beverage contains, according to the same standards established by the federal Food and Drug Administration (FDA) for other ingredients. Some of these caffeine drinks have up to 10 times the amount of caffeine as a cup of coffee.

“Many people consume beverages such as Red Bull and Monster energy drinks without considering their potential side effects,” said Switalski. “In fact, energy drinks are marketed directly to our youth, promising a jolt of energy. This legislation would help open up a discussion at the national level on the necessity of clearly labeling the caffeine content on these types of products. Consumers should know the caffeine content in their drinks. Armed with that knowledge, they can manage their caffeine intake.”

Senate Bill 1469 was introduced on September 10, 2008 and is currently in the Senate Commerce and Tourism Committee. ABC News’ Healthy Life ran a story on October 2, 2008 entitled “Energy Drinks: Harmful, Not Healthy”, discussing the potential health ramifications of energy drinks and high caffeine content, reinforcing the need for labeling the exact quantity of caffeine contained in these kinds of beverages. This story can be viewed at <http://www.yahoo.com/s/964309>. In addition, on September 24, 2008, National Public Radio ran a story about a published academic paper that warns of the dangers of energy drinks and calls for the labeling of caffeine content in energy drinks.

This story can be viewed at:

<http://www.npr.org/templates/player/mediaPlayer.html?action=1&t=1&islist=false&id=94973371&m=94973347>.

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Caffeine Contents of Selected Beverages

Drink	Caffeine per 8 oz. serving
Monster (green)	80mg
180 Blue with Acai Energy Drink	82mg
Go Fast	76mg
Hype Energy (Original)	76mg
Hype Energy (MFP)	76mg
Vitamin Water (orange-orange)	0mg
Vitamin Water (Rescue Green Tea)	11mg
Vitamin Water (Tropical Citrus)	20mg
Pepsi	25mg
5 hour	500mg
Coca-Cola	23mg
Diet Coke	31mg
Red Bull	76mg
Wired	172mg
Fixx	200mg
Folgers Coffee	90mg
Folgers Decaff	5mg