acofp American College of Osteopathic Family Physicians
Advocacy • Education • Leadership

RES 29
C-3/17

SUBJECT: Powdered Caffeine

SUBMITTED BY: Texas Society of the American College of Osteopathic Family Physicians

REFERRED TO: 2017 ACOFP Congress of Delegates

RESOLUTION NO. 29

WHEREAS, powdered caffeine has been available in the United States for several years. It is sold as a supplement so the Food and Drug Administration (FDA) does not regulate this product. The federal substance abuse administration reported that powdered caffeine caused multiple deaths, and

WHEREAS, the number of emergency department visits involving energy drinks doubled from 10,068 visits in 2007 to 20,783 visits in 2011, according to the federal Substance Abuse and Mental Health Services Administration. Most of the cases involved teens or young adults. The top selling canned or bottled caffeinated energy drinks have between 50 and 250mg of caffeine, with an average of 110mg caffeine. A teaspoon of caffeine powder could contain 3,200 milligrams of caffeine or near an equivalent of 28 energy drinks. In that concentrated amount, a person can experience adverse effects in a matter of minutes. Agitation, confusion, tachycardia, arrhythmia, emesis, and seizures are side effects of caffeine overdose, and

WHEREAS, the FDA released a safety alert in 2015, FDA Consumer Advice on Pure Powdered Caffeine. The first two sentences are: "The FDA is warning about pure powdered caffeine being marketed directly to consumers, and recommends avoiding these products. In particular, FDA is concerned about pure powdered caffeine sold in bulk bags over the internet;" now, therefore be it

RESOLVED, that the American College of Osteopathic Family Physicians (ACOFP) opposes the use of powdered caffeine; and be it further

RESOLVED, to be forwarded to the American Osteopathic Association (AOA).

FINAL ACTION: APPROVED as of March 16, 2017