

**Name:** Sandra Carbonari

**Title:** M.D. FAAP

**Organization or Agency:** CT Acad of Pediatrics

**Topic:** HB05261 - AA PROHIBITING THE SALE OF ENERGY DRINKS TO INDIVIDUALS UNDER SIXTEEN YEARS OF AGE.

Supports

**Testimony:**

Testimony in Support of HB 5261: AN ACT PROHIBITING THE SALE OF ENERGY DRINKS TO INDIVIDUALS UNDER SIXTEEN YEARS OF AGE.

My name is Sandra Carbonari and I am a primary care pediatrician. As a member of the Executive Board of the Connecticut Chapter of the American Academy of Pediatrics I represent over 600 of my colleagues in support of HB 5261: AN ACT PROHIBITING THE SALE OF ENERGY DRINKS TO INDIVIDUALS UNDER SIXTEEN YEARS OF AGE.

An energy drink is a beverage that contains high concentrations of caffeine and other stimulants like guarana, taurine or L-carnitine. The American Academy of Pediatrics (AAP) advises against caffeine for children under 12. It recommends that children between the ages of 12 and 18 should not consume more than 100 mg of caffeine in one day, which is equivalent to the amount of caffeine found in one standard cup of coffee.

The active ingredients in energy drinks are legal stimulants and may trigger symptoms that can include restlessness, shaking hands, stomachaches, headaches and nervousness. They can also cause irregular heart rhythms and other life-threatening heart-rhythm changes.

In 2011, 1,499 adolescents aged 12 to 17 years went to the emergency room for an energy drink related emergency.

The American Academy of Pediatrics states that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents.

As adults we must do all we can to counteract the strong marketing aimed at our adolescents and children that make the consumption of these substances so appealing to them. Please pass this bill to begin protecting them by limiting the sale of these energy to children under 16 years of age.