

Petitioner submission of 17 May 2023

PE1919/N: Ban the sale of high caffeine products to children for performance enhancement

I am pleased the Scottish Government are considering the Committee's recommendation that there should be further research into the effects of fast release caffeine gum on children and young people, particularly those participating in physical activity. I would like to make the Committee aware of recent findings on the effects of caffeine gum which stated that:

In conclusion, caffeinated chewing gum acutely increases central arterial stiffness and aortic blood pressure in young healthy men. Future investigations should confirm these findings in women and examine whether the response is exaggerated in individuals who are hypertensive or have other risk factors for cardiovascular disease.

[\(Acute Effects of Caffeinated Chewing Gum on Central Arterial Stiffness and Hemodynamics - Lapierre - 2020 - The FASEB Journal - Wiley Online Library\)](#)

If these findings are clinically significant it supports the case for banning the sale of fast release caffeine products to U18s, and issuing a health warning when sold to adults. I feel it's important that UK Athletics, Scottish Athletics, and parkrun are made aware of the findings as caffeine gum is widely promoted by influential Scottish and GB athletes.

I call on the Committee to ask UK Athletics, Scottish Athletics, and parkrun if they condone the use of caffeine gum at mass participation events, and ask what measures have been taken to mitigate the risks of participants being harmed, particularly U18s.