



Submitted March 11, 2026

California State Assembly Health Committee

RE: Support for AB 2030 (Lowenthal) — Restricting the Sale of Diet Pills and Muscle-Building Supplements to Minors

IFEDD, The International Federation of Eating Disorder Dietitians submits our strong support of AB 2030, an important step toward protecting the health and safety of California youth.

Eating disorder professionals see firsthand the harms associated with supplements targeted toward teens promising “weight loss” or “muscle-building.”

As you know, these products are widely available and aggressively marketed to young people without any oversight.

They’re easy for a teen to get even though they have no FDA-approval or safety screening before reaching the market.

Many of them contain undisclosed ingredients that are only identified after a harmful incident has already occurred. These stimulants, steroids, drugs, toxic chemicals, and heavy metals are not only harmful, they can lead to a positive test for banned substances. A teen athlete could lose their college scholarship or even an Olympic medal due to the unscrupulous practices of a predatory supplement manufacturer taking advantage of a child’s wholesome desire to be better at their sport.

That’s in addition to the severe medical and mental health complications that are widely observed. Aggressive marketing through social media targets adolescents directly, encouraging unrealistic body ideals and normalizing supplement use as a solution for what ultimately are psychological issues such as low self-esteem, loneliness, depression and anxiety.

Thousands of emergency room visits occur each year related to “weight loss” and “muscle-building” supplements, plus there are strong connections between use of these supplements and other harmful behaviors. These supplements serve as a gateway to eating disorders and steroid use in a vulnerable time for teens preoccupied with the body changes of maturation and the social pressures of adolescence.



Although all of these social issues cannot be solved by preventing minors from purchasing supplements, they can be mitigated by taking away a major profit motive from manufacturers.

Similar age restrictions already exist for other products that pose risks to youth, and applying a comparable standard to diet pills and “muscle-building supplements” is both reasonable and protective.

Protecting California adolescents during a vulnerable developmental stage is a public health priority. Limiting access to potentially harmful supplements is an evidence-informed measure that can help prevent medical complications and reduce risk factors associated with eating disorders.

For these reasons, IFEDD respectfully urges the Assembly Health Committee to support AB 2030. We are available for additional information at your convenience.

Thank you for your consideration,

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