



DEDICATED TO THE  
HEALTH OF ALL CHILDREN

THE OFFICIAL NEWSMAGAZINE OF THE AMERICAN ACADEMY OF PEDIATRICS

# AAP News

Volume 35 • Number 9  
September 2014  
[www.aapnews.org](http://www.aapnews.org)

## Health Alerts

### **FDA warns of dangers of pure caffeine powder**

The Food and Drug Administration (FDA) is warning the public not to consume pure powdered caffeine after an Ohio teen died after using the product. There also have been reports of hospitalizations due to accidental overdoses of pure caffeine.

Sold in bulk over the Internet at low prices, powdered caffeine in even small amounts can cause an overdose. Parents should be aware that the product may be attractive to young people. The products essentially are 100% caffeine, according to the FDA,

and are especially dangerous for those with heart conditions. One teaspoon equals the “jolt” of drinking about 25 cups of coffee.

Symptoms of overdose include erratic heartbeat, seizures, vomiting, diarrhea, stupor, disorientation and death.

Consumers and health care providers are urged to report adverse events related to powdered caffeine by calling 240-402-2405 or emailing CAERS@cfstan.fda.gov.