

ANNEX C – GLOSSARY

Age restrictions – Bans sales to those under the age restriction and in some cases would require age verification to allow purchase of the product.

Energy drink – Any drink, other than tea or coffee, which contains over 150 milligrams of caffeine per litre.

Guarana – A plant extract that can have four times more caffeine than coffee beans¹.

Health inequalities – The unfair and avoidable differences in people's health across social groups and between different population groups.

Out of Home – Examples include takeaways and home delivery services, restaurants, cafés and bistros and sandwich shops².

Other places – Examples include venues (such as music or sports), charity shops, clothes shops, tourist shops and pharmacies.

Overconsumption – Overconsumption is when the recommended daily limit of caffeine intake is exceeded over the course of one 24-hour period through the consumption of energy drinks. This can be through one or multiple sittings in the period.

Retail – Examples include supermarkets, convenience stores, discounters and bargain stores and confectionary shops.

Taurine – An amino acid that occurs naturally in food³.

Young people – Generic term for those under the age of 18, in cases where this differs we have given details.

¹ Smith, N. and Atroch, A. L. (2010). Guarana's Journey from regional tonic to aphrodisiac and global energy drink. Evidence-Based Complementary and Alternative Medicine, 7. Available at: <http://dx.doi.org/10.1093/ecam/nem162>

² See Food Standards Scotland (FSS) recent consultation for a more detailed definition. FSS (2018). Proposals to Improve the Out of Home Environment in Scotland. Available at: <https://consult.foodstandards.gov.scot/nutrition-science-and-policy/proposals-to-improve-the-out-of-home-environment-i/>

³ EFSA (2009). Scientific opinion of the Panel on food additives and nutrient sources added to food on a request from the Commission on the use of taurine and D-glucurono-γ-lactone as constituents of the so-called "energy" drinks. Available at: <https://www.efsa.europa.eu/en/efsajournal/pub/935>