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 that coffee beans\(^1\).

**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 bistro's and sandwich shops\(^2\).

**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 food\(^3\).

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

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\(^1\) Smith, N. and Atroch, A. L. (2010). Guaraná’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](http://dx.doi.org/10.1093/ecam/nem162)
