

## Written evidence submitted by Benjamin Collins (END0033)

I know the scope is more about children getting fat but would just like to make a point about energy drink use from personal experience.

I was working 5 hour shifts unloading lorries for a flower market. The boxes were upto 25kg and it was basically 5 hours moving about. This was in Japan by the sea and during the summer the temperature was above 30 with very high humidity.

As a consequence I needed some type of fluid intake to cool me down, to keep me hydrated and preserve electrolytes.

My fluid intake was 500ml every 30 minutes. I did try using energy, isotonic drinks but found that as I was still moving about they were immediately sweated out, they did not cool me down and they gave me a quick rush but then lethargy.

My solutions was to buy sachets of electrolytes and add too water at half the recommended value. Plus drink a plain yogurt half way through the shift. This prevented the added stimulant rush and the quick loss of fluid as not isotonic.

I would suggest that energy drinks have not been designed for children, contain unnecessary stimulants and are not used in the correct manner. Either have proven children values, a warning to say not recommended for children or reduce the volume sold.

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