

# Massachusetts Chapter

## OF THE AMERICAN ACADEMY OF PEDIATRICS

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INCORPORATED IN MASSACHUSETTS

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May 10, 2024

Chair Senator Cindy Friedman  
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Joint Committee on Health Care Financing  
State House  
Boston, MA 02133

**Re: H.2215/S.1465 - “An Act Protecting Children from Harmful Diet Pills and Muscle-building Supplements”**

Dear Honorable Chairs and Vice Chairs of the Joint Committee on Health Care Financing:

I am writing on behalf of the Massachusetts Chapter of the American Academy of Pediatrics (MCAAP) in support of H.2215/S.1465, which received a favorable report from the Joint Committee on Public Health. The MCAAP represents more than 1,600 primary care pediatricians, pediatric medical subspecialists, pediatric surgical specialists, pediatric residents and medical students. Our members are dedicated to improving the quality of life for children by providing quality health care and advocating for them and their families.

Dietary supplements that claim to promote weight loss or muscle building are sold to the public without any scientific evidence supporting their efficacy or safety. For the most part, they are not regulated by the US Food and Drug Administration (FDA), leaving consumer safety at risk.

Children and adolescents that take dietary supplements regularly without a doctor’s advice risk dire health consequences, including liver damage from some supplements promising weight loss and muscle building. Research indicates that approximately 7% of children and adolescents take two or more dietary supplements on a regular basis.

H.2215/S.1465 places reasonable restraints on an unregulated industry toward the sale of dietary supplements to children and adolescents. It would ban the sale of over the counter diet pills and dietary supplements for weight loss or muscle building to anyone under the age of 18. It also would require the posting at retail establishments selling these products a notice that certain over-the-counter diet pills, or dietary supplements for weight loss or muscle building are known to cause gastrointestinal impairment, tachycardia, hypertension, myocardial infarction, stroke, severe liver injury sometimes requiring transplant or leading to death, organ failure, other serious injury, and death.

The MCAAP urges the Committee to protect young people from these dangerous products and give H.2215/S.1465 a favorable report.

Respectfully,

A handwritten signature in cursive script that reads "Mary Beth Miotto". The signature is enclosed in a thin black rectangular border.

Mary Beth Miotto, MD, MPH, FAAP President,  
The Massachusetts Chapter of the American Academy of Pediatrics