

[INSERT YOUR ORGANIZATION'S LOGO HERE]

Dear Honorable Members of the [INSERT LEGISLATIVE BODY HERE],

We the undersigned respectfully request your support of [BILL NUMBER, BILL NAME]. Sponsored by [LEGISLATIVE or CITY COUNCIL SPONSOR(S) NAMES], this important legislation would protect children across the state by preventing the sale of weight-loss supplements and muscle-building supplements to youth under the age of 18. It would also ensure these products are kept behind the counter or in a locked case.

The weight-loss and muscle-building supplements industries target young people. Using celebrity endorsers and other social media influencers – who often digitally alter images – they promise “quick fixes” for the body dissatisfaction brought on by unrealistic images. Yet these products are not proven effective, and worse, can be dangerous.

- **Not recommended by AAP or screened by FDA.** The American Academy of Pediatrics strongly cautions against teens using weight-loss or muscle-building supplements. The Food and Drug Administration does not screen supplements sold over the counter for safety or efficacy.
- **Laced with dangerous substances.** Weight-loss and muscle-building supplements have been found to be laced with pesticides, heavy metals, anabolic steroids, and prescription pharmaceuticals that can cause strokes, cancer, and severe liver injury, which sometimes require transplants or cause death.
- **Leads to steroid use and eating disorders.** Weight-loss and muscle-building supplements are gateways to eating disorders and anabolic steroid abuse. Young men who take creatine and other similar substances are *three times* more likely to start using anabolic steroids in just a few years. Adolescent and young adult women who use diet pills have *six times* the risk of being diagnosed with an eating disorder within the next three years compared to non-users.

Restricting the sale of these deceptive and potentially harmful products to children will help build a new line of defense for our youth growing up in a digital world. We hope that we can count on you for your support of [BILL NUMBER] to protect young people in [YOUR STATE or CITY]. Please contact us at [YOUR EMAIL] with any questions.

Thank you for your support,
[YOUR NAME, JOB TITLE, ORGANIZATION]
[NAMES, TITLES, ORGANIZATIONS OF PARTNERS IN THIS WORK]

[LOGOS OF ORGANIZATIONS OR COMPANIES SIGNING ON TO THIS LETTER]