



NEW YORK STATE SENATOR
Shelley B. Mayer

Senate Passes Senator Shelley B. Mayer's Bill To Limit Sale of Diet Pills and Supplements to Minors

SHELLEY B. MAYER June 8, 2021

| ISSUE: **DIET PILLS; BODY IMAGE; SELF ESTEEM**



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[Click here](#) to watch Senator Shelley B. Mayer's floor remarks.

(Albany, NY) -- In the final week of the legislative session, the New York State Senate adopted Senator Shelley B. Mayer's bill, S16D, to prohibit the sale of over-the-counter diet pills and dietary supplements for weight loss or muscle building to people under 18 years old, unless properly prescribed by a health care provider.

Passed by a vote of 58 to 5, this bill aims to limit children's access to these products, increase parental involvement, raise awareness about safety concerns, and reduce unhealthy weight control behavior and eating disorders affecting youth.

Senator Shelley B. Mayer said: "We know that young people are taking these weight loss supplements in significant numbers, and that all too often, such use causes health problems. Every day, our teens and young adults are influenced by social media, and are learning about and obtaining these supplements in new and troubling ways. As chair of the education committee, I feel a strong commitment to ensuring our children's health and well-being in and out of the classroom."

Many young people have reported using dietary supplements for weight loss. Often, these diet pills and supplements are sold alongside multivitamins and other supplements which are considered safe, yet may contain unlisted and illegal pharmaceutical ingredients that pose a variety of serious health risks.

The bill does not limit the sale of protein powders or drinks unless they contain ingredients other than protein, which would qualify them as diet pills or dietary supplements for weight loss or muscle building.

If enacted as law, New York State will be the first in the nation to limit the sale of over-the-counter diet pills and dietary supplements to those under 18 years old.

This bill has advanced through Assembly committees and is in the final stage of consideration. It is in a good position to be debated and voted on by Assembly members before the end of session.