
THIRD READING

Bill No: AB 2030
Author: Lowenthal (D), et al.
Amended: 8/21/26 in Senate
Vote: 21

SENATE HEALTH COMMITTEE: 9-0, 6/24/26

AYES: Weber Pierson, Caballero, Durazo, Gonzalez, Menjivar, Padilla, Pérez,
Rubio, Smallwood-Cuevas

NO VOTE RECORDED: Valladares, Grove

SENATE JUDICIARY COMMITTEE: 11-0, 6/30/26

AYES: Umberg, Allen, Ashby, Caballero, Durazo, Laird, Reyes, Stern, Wahab,
Weber Pierson, Wiener

NO VOTE RECORDED: Niello, Valladares

SENATE APPROPRIATIONS COMMITTEE: 5-0, 8/13/26

AYES: Cervantes, Cabaldon, Grayson, Richardson, Wahab

NO VOTE RECORDED: Seyarto, Dahle

ASSEMBLY FLOOR: 57-7, 5/21/26 - See last page for vote

SUBJECT: Dietary supplements for weight loss and over-the-counter diet pills

SOURCE: Center for Science in the Public Interest
Strategic Training Initiative for the Prevention of Eating Disorders

DIGEST: This bill prohibits a person from selling an over-the-counter diet pill or dietary supplement for weight loss or muscle building to any person under 18 years of age.

Senate Floor Amendments of 8/21/2026 allow a delivery seller the option of verifying the age of the purchaser at the point of purchase using a database, or to have a person who is age 18 or older sign for delivery, rather than both of these methods.

ANALYSIS:

Existing federal law:

- 1) Establishes, through the U.S. Food and Drug Administration (FDA), various requirements for food labels under the Federal Food, Drug, and Cosmetic Act (FD&C Act), which includes the Nutritional Labeling and Education Act and the Food Allergen Labeling and Consumer Protection Act. These include requiring specified nutrition information, a listing of all ingredients, and whether a produce contains any of eight major food allergens, such as milk, eggs, shellfish, tree nuts, etc. [21 United States Code (USC) §301, et seq. and 21 Code of Federal Regulations (CFR) §101, et seq.]
- 2) Defines “dietary supplement” as a product intended to supplement the diet that bears or contains one or more of the following dietary ingredients: a vitamin; a mineral; an herb or other botanical; an amino acid; a dietary substance to supplement the diet by increasing the total dietary intake; or, a concentrate, metabolite, constituent, extract, or combination of any of these ingredients. Excludes from this definition something that is represented for use as a conventional food or as a sole item of a meal or the diet. [21 USC §321(ff)]

Existing state law:

- 1) Enacts the Sherman Food, Drug and Cosmetic Law (Sherman Law), enforced by the California Department of Public Health (CDPH), which provides broad authority for CDPH to enforce food safety requirements, including that food is not adulterated, misbranded, or falsely advertised. Food labeling requirements generally adopt federal food labeling laws as the state requirement, including nutrition labeling and allergen labeling, but CDPH is permitted, by regulation, to adopt additional food labeling regulations. [Health and Safety Code (HSC) §109875, et seq.]
- 2) Requires, whenever a warning label is included on any product defined as a dietary supplement pursuant to federal law, the label to be clear and conspicuous. [HSC §110422]
- 3) Prohibits any manufacturer, wholesaler, retailer, or other person to sell, transfer, or otherwise furnish a dietary supplement containing either of following to a person under 18 years of age:
 - a) A dietary supplement containing an ephedrine group alkaloid; or,

- b) A dietary supplement containing any of the following: androstenediol, androstenedione, androstenedione, norandrostenediol, norandrostenedione, or dehydroepiandrosterone. [HSC §110423.2]
- 4) Specifies that a retail establishment that sells a dietary supplement product in violation of 3) above is not guilty of the misdemeanor penalties if the retailer met certain conditions, including that every checkout clerk has completed standardized training, every programmable checkout scanner is programmed to identify dietary supplement products subject to the age requirement, and that every checkout clerk has received a written list of dietary supplement products subject to the age requirement. [HSC §110423.6]
- 5) Requires all persons engaging in the retail sale of tobacco products to check the identification of tobacco purchasers, to establish the age of the purchaser, if the purchaser reasonably appears to be under 21. [Business & Professions Code (BPC) §22956]
- 6) Permits an enforcing agency, as specified, to assess civil penalties against any person, firm, or corporation that sells, gives, or in any way furnishes to another person who is under 21 any tobacco product, instrument, or paraphernalia that is designed for the smoking or ingestion of tobacco products, as specified, ranging from \$400 to \$6,000 for a first or subsequent violation. [Business and Professions Code (BPC) §22958]

This bill:

- 1) Prohibits a person from selling, offering to sell, or giving away as either a retail or wholesale promotion, an over-the-counter (OTC) diet pill or dietary supplement for weight loss or muscle building to any person under 18 years of age. Requires a retail establishment to request valid identification from any person who attempts to purchase OTC diet pills or dietary supplements for weight loss or muscle building if the retail establishment cannot reasonably determine that the person appears to be under 18 years of age.
- 2) Defines the following terms for purposes of this bill:
 - a) “Dietary supplements for weight loss or muscle building” is defined as a dietary supplement, as defined in federal law, that is labeled, marketed, or otherwise represented for achieving weight loss or building muscle;

- b) "OTC diet pills" is defined as a drug, as defined in the FD&C Act, that is labeled, marketed, or otherwise represented for the purpose of achieving weight loss for which a prescription is not required under the FD&C Act;
 - c) "Retail establishment" is defined as any vendor that, in the regular course of business, sells dietary supplements for weight loss or muscle building or OTC diet pills at retail directly to the public, including pharmacies, grocery stores, other retail stores, and vendors that accept orders placed by mail, telephone, internet website, online catalog, or software application;
 - d) "Delivery sale" is defined as any sale of OTC dietary pills or dietary supplements for weight loss or muscle building to a buyer in either of the following cases:
 - i) The buyer submits the order for the sale by means of a telephone or other method of voice transmission, the mail, or the internet or other online service, or the seller is otherwise not in the physical presence of the buyer when the request for purchase or order is made; or,
 - ii) The OTC diet pills or dietary supplements for weight loss or muscle building are delivered to the buyer by common carrier, private delivery service, or other method of remote delivery, or the seller is not in the physical presence of the buyer when the buyer obtains possession of the OTC diet pills or dietary supplements; and,
 - e) "Delivery seller" is defined as a person, including online retailers, who makes delivery sales of OTC diet pills or dietary supplements for weight loss or muscle building.
- 3) Permits a retail establishment to limit access to OTC diet pills or dietary supplements for weight loss or muscle building in a manner designed to prevent unauthorized access to these products.
- 4) Prohibits a delivery seller, including an online retailer, who mails or ships OTC diet pills or dietary supplements for weight loss or muscle building to consumers to adhere to all of the following:
- a) Prohibits the delivery seller from selling, delivering, or causing to be delivered any OTC diet pills or dietary supplements for weight loss or muscle building to a person under 18 years of age;
 - b) Prohibits the delivery seller from accepting a delivery sale order from a person without doing either or both of the following:
 - i) Obtaining the full name, birth date, and residential address of that person, and verifying this information through the use of a commercially available database or aggregate of databases, consisting primarily of data from government sources, that are regularly used by government and

- businesses for the purpose of age and identity verification, to ensure that the purchaser is at least 18 years of age; or,
- ii) Using a method of mailing or shipping that requires both of the following: the purchaser placing the delivery sale order, or an adult who is at least 18 years of age, to sign to accept delivery of the shipping container at the delivery address; and, the person who signs to accept delivery of the shipping container to provide proof, in the form of a valid, government-issued identification bearing a photograph of the individual, that the person is at least 18 years of age.
- 5) Prohibits the database being used for age and identity verification pursuant to 4) above from being in the possession or under the control of the delivery seller, or be subject to any changes or supplementation by the delivery seller.
- 6) Permits the Attorney General, a county counsel, or a city attorney to apply to a court for a temporary or permanent injunction enjoining or restraining any person or entity from violating any provision of this bill.
- 7) Subjects a person who violates this bill to a civil penalty of no more than \$500 for each violation, which may be assessed and recovered in a civil action brought by the Attorney General, a county counsel, or a city attorney in any court of competent jurisdiction. Requires a prevailing plaintiff in an action under this bill to be entitled to an award of reasonable attorney's fees and costs.
- 8) Permits a court, when determining whether a supplement is "labeled, marketed, or otherwise represented for the purpose of achieving weight loss or muscle building," to consider, but not be limited to, all of the following factors:
- a) Whether the product contains any of the following:
 - i) An ingredient approved by the FDA for weight loss or muscle building;
 - ii) A steroid; or,
 - iii) Creatine, green tea extract, raspberry ketone, garcinia cambogia, or green coffee bean extract.
 - b) Whether the product's labeling or marketing bears statements or images that express or imply that the product will help with either of the following:
 - i) Modify, maintain, or reduce body weight, fat, appetite, overall metabolism, or the process by which nutrients are metabolized; or,
 - ii) Maintain or increase muscle or strength.
 - c) Whether the product or its ingredients are otherwise represented for the purpose of achieving weight loss or building muscle; and,
 - d) Whether the retail establishment or seller has done any of the following:

- i) Placed signs or categorized the product with statements in b) above;
 - ii) Grouped the product with other weight loss or muscle building products in a display, advertisement, internet website, or area of the store; or,
 - iii) Otherwise represented that the product is for weight loss or muscle building.
- 9) Exempts persons under 18 years of age from the prohibitions in this bill if they have a prescription for an OTC diet pill or dietary supplement for weight loss or muscle building.
- 10) Specifies that this bill does not apply to a person 18 years of age or older.
- 11) Specifies that the penalties established by this bill are cumulative and do not diminish rights, remedies, or penalties established under other laws.

Background

According to the author of this bill:

The growing public health threat posed by youth access to OTC diet pills and muscle-building supplements deserves immediate action. Nearly one in ten young people report using these products, which are aggressively marketed online and on social media with promises of rapid weight loss, dramatic body transformation, and increased muscle mass. Yet many carry serious risks, including heart attack, stroke, severe liver injury, organ failure, cancer, and even death. Some products have been found to contain undisclosed ingredients such as illegal steroids, pharmaceutical drugs, heavy metals, or banned stimulants. Because dietary supplements are not subject to the same premarket approval standards as prescription medications, dangerous products often remain on store shelves until after significant harm occurs. This bill addresses this gap by establishing clear, enforceable age restrictions on the sale of products marketed for weight loss or muscle building. Research also links these products to higher rates of eating disorders, body dysmorphia, depression, and other mental health challenges among adolescents. This bill is a practical step to protect California's youth from preventable harm and ensure their health and well-being come before deceptive marketing and unsafe products.

FDA regulation of dietary supplements. Under the FD&C Act, as amended in 1994 by the Dietary Supplement Health and Education Act (often referred to as DSHEA), the FDA does not have the authority to approve dietary supplements for safety and effectiveness, or to approve their labeling, before the supplements are

sold to the public. Instead, dietary supplements are regulated by FDA in much the same manner as food, which means they are subject to requirements relating to good manufacturing practices, and must meet certain labeling standards, among other requirements. According to the FDA, it is the responsibility of dietary supplement companies to ensure their products meet the safety standards for dietary supplements and are not otherwise in violation of the law. Dietary supplement labels are required to have nutrition information in the form of a Supplement Facts label that includes the serving size, the number of servings per container, a listing of all dietary ingredients in the product, and the amount per serving of those ingredients. They also must have a statement on the front of the product identifying it as a “dietary supplement” or similar descriptive term (e.g., “herbal supplement” or “calcium supplement”). The FD&C Act requires that manufacturers and distributors who wish to market dietary supplements that contain a “new dietary ingredient” (NDI) to notify the FDA about these ingredients. An NDI is an ingredient that was not marketed in a dietary supplement in the U.S. prior to October 15, 1994. When notifying the FDA about an NDI, the notification must include information that is the basis on which the manufacturer or distributor has concluded that a dietary supplement containing the NDI will reasonably be expected to be safe under the conditions of use recommended or suggested in the labeling. While the FDA is not required to formally approve an NDI, it will consider a dietary supplement “adulterated” unless the NDI has been present in the food supply in the same chemical form that is planned to use in the dietary supplement, or the manufacturer has shown evidence of safety at least 75 days before being introduced or delivered for introduction into interstate commerce, including any citation to published articles.

Dietary supplements for weight loss. According to a National Institutes for Health fact sheet called “Dietary Supplements for Weight Loss” (fact sheet), dietary supplements promoted for weight loss encompass a wide variety of products and come in a variety of forms, including capsules, tablets, liquids, powders, and bars. Manufacturers market these products with various claims, including that these products reduce macronutrient absorption, appetite, body fat, and weight, and increase metabolism and thermogenesis. Weight-loss products can contain dozens of ingredients, and some contain more than 90. Common ingredients in these supplements include botanicals (herbs and other plant components), dietary fiber, caffeine, and minerals. The fact sheet cites the U.S. Government Accountability Office’s report on dietary supplements for weight loss, which concluded that “little is known about whether weight loss supplements are effective, but some supplements have been associated with the potential for physical harm.” The fact sheet states that people who are considering using weight-loss supplements should talk with their healthcare provider to discuss these products’ potential benefits and

risks. The fact sheet states this is especially important for those who have medical conditions, yet less than one-third of adults who use weight-loss dietary supplements discuss this use with a healthcare professional. This fact sheet lists 24 common ingredients in weight loss dietary supplements: African mango, beta-glucans, bitter orange, caffeine, calcium, capsaicin, carnitine, chitosan, chromium, coleus forskohlii, conjugated linoleic acid, fucoxanthin, garcinia cambogia (hydroxycitric acid), glucomannan, green coffee bean extract, green tea, guar gum, hoodia, probiotics, pyruvate, raspberry ketone, vitamin D, white kidney bean, and yohimbe. For several of these ingredients, the fact sheet noted that “some safety concerns” were reported, and for yohimbe, the fact sheet stated that “significant safety concerns were reported, especially for yohimbine doses of 20mg or higher, with reported adverse effects including cardiac failure and death.

FDA caution against bodybuilding products. The FDA’s website includes a page urging caution about bodybuilding products, stating that they have found that some bodybuilding products may illegally contain steroids or steroid-like substances associated with potentially serious health risks which can be life-threatening. The FDA is aware of adverse event reports, including those showing evidence of serious liver injury. According to the FDA, many bodybuilding products are often promoted as hormone products and/or as alternatives to anabolic steroids for increasing muscle mass and strength. Many of these products make claims about the ability of active ingredients to enhance or diminish androgen, estrogen, or progestin-like effects in the body, but actually contain anabolic steroids or steroid-like substances, synthetic hormones related to the male hormone testosterone.

FDA initiative against contaminated weight loss products. According to the FDA, it has identified an emerging trend where OTC products, frequently represented as dietary supplements, contain hidden active ingredients that could be harmful. The FDA states that it cannot test and identify all weight loss products on the market that have potentially harmful contaminants in order to assure their safety, and that enforcement actions and consumer advisories for unapproved products only cover a small fraction of the potentially hazardous weight loss products marketed to consumers on the internet and at some retail establishments. According to the FDA, its tests have revealed the presence of sibutramine, fenproporex, fluoxetine, bumetanide, furosemide, phenytoin, rimonabant, cetilistat, and phenolphthalein.

There is currently only one approved OTC weight loss pill. Orlistat, which is sold under the brand names Xenical, has been available by prescription as a weight loss aid in the U.S. since 1999. In 2007, orlistat was also approved by the FDA for nonprescription sales under the brand name of Alli, at one-half the daily dose of the prescription product (60mg vs 120mg). Currently, Alli is the only FDA-

approved weight loss medication available over the counter. The FDA only approved Alli for overweight patients ages 18 and older. Orlistat's pharmacological effect occurs through the inhibition of gastric and pancreatic lipases in the gastrointestinal tract, which prevents triglyceride hydrolysis and results in the decreased absorption of dietary fats. Alli reduces dietary fat absorption by approximately 25% at the recommended dosage.

FISCAL EFFECT: Appropriation: No Fiscal Com.: Yes Local: No

According to the Senate Appropriations Committee, unknown, potential workload costs to the courts related to civil action filings (Trial Court Trust Fund, General Fund). While the courts are not funded on a workload basis, an increase in workload could result in delayed court services and would put pressure on the General Fund to increase the amount appropriated for trial court operations.

SUPPORT: (Verified 8/21/26)

Center for Science in the Public Interest (co-source)
 Strategic Training Initiative for the Prevention of Eating Disorders (co-source)
 Academy for Eating Disorders
 Alaska Eating Disorders Alliance
 Be Real
 California Access Coalition
 California Commission on the Status of Women and Girls
 Center for Science in the Public Interest
 Children's Advocacy Institute
 Consumer Federation of California
 Eating Disorders Coalition
 Eating Disorders Resource Center
 Erevna
 Finxerunt Policy Institute
 For You
 iCure Health International
 International Federation of Eating Disorder Dietitians
 International Socioeconomics Laboratory
 Multi-Service Eating Disorders Association
 National Association of Anorexia Nervosa and Associated Disorders
 NCARTH
 Project Heal
 Realize Your Beauty
 Renfrew Center for Eating Disorders

The Alliance for Eating Disorders Awareness
The Eating Disorder Foundation
Seven individuals

OPPOSITION: (Verified 8/21/26)

American Herbal Products Association
Consumer Healthcare Products Association
Council for Responsible Nutrition
Natural Products Association

ARGUMENTS IN SUPPORT: This bill is co-sponsored by the Center for Science in the Public Interest and the Strategic Training Initiative for the Prevention of Eating Disorders, and is supported by numerous organizations. Supporters argue that while these dietary supplements deceptively claim to promote healthy weight loss – some by celebrity endorsers – these products are not required to demonstrate rigorous testing for safety or efficacy before entering the market, are not medically recommended, and are inadequately regulated by the FDA. Alarming, there are no age restrictions on the sale of these products, leaving young people, who are particularly vulnerable to deceptive marketing claims, with no protection from purchasing these dangerous products. Supporters point to statements by the American Academy of Pediatrics strongly cautioning against teens using weight-loss supplements, and also points to a recent study documenting a 50% increase in calls to poison control centers over the past decade due to dietary supplements, many of which claimed to promote weight loss. Restricting access puts California’s public health approach in line with physician recommendations.

ARGUMENTS IN OPPOSITION: The American Herbal Products Association (AHPA), and the Natural Products Association (NPA) oppose this bill. AHPA and NPA both argue that dietary supplements are subject to well-established regulation and enforcement systems, and the FDA has clear authority over dietary supplements through the FD&C Act and related laws and regulations. These opponents point out that products labeled as dietary supplements that contain substances such as steroids or that are adulterated with contaminants are already prohibited by federal law. Opponents state that this bill’s scope is overbroad and vague, and will limit consumer access to beneficial products.

Oppose unless amended. The Council for Responsible Nutrition (CRN) is opposed to this bill unless amended to focus on products that may contribute to specified health conditions, as determined by CDPH. CRN believes this targeted approach establishes an actual health basis on which to impose a sales restriction rather than

doing so merely because of what is contained on a label or advertisement, or due to the mere presence of common ingredients. The Consumer Healthcare Products Association (CHPA) opposes the ingredient-based triggers, which direct the Attorney General to consider the mere presence of ingredients such as creatine, green tea extract, green coffee bean extract, raspberry ketone, and garcinia cambogia when determining whether a product falls within the bill's coverage. CHPA states that this approach is fundamentally flawed, as these ingredients appear in thousands of general health, wellness, energy, and nutritional products that are not marketed, labeled, or intended for weight loss or muscle building. CHPA states that creatine, for example, is widely used in general sports nutrition and energy products, and that green tea extract is a common ingredient in everyday wellness supplements and functional beverages.

ASSEMBLY FLOOR: 57-7, 5/21/26

AYES: Addis, Aguiar-Curry, Ahrens, Alvarez, Ávila Farías, Bains, Bauer-Kahan, Bennett, Berman, Boerner, Bonta, Bryan, Calderon, Caloza, Carrillo, Connolly, Elhawary, Fong, Gabriel, Gipson, Mark González, Haney, Harabedian, Hart, Irwin, Jackson, Kalra, Krell, Lee, Lowenthal, McKinnor, Muratsuchi, Nguyen, Ortega, Pacheco, Papan, Patel, Pellerin, Petrie-Norris, Quirk-Silva, Ransom, Michelle Rodriguez, Rogers, Blanca Rubio, Schiavo, Schultz, Sharp-Collins, Solache, Soria, Stefani, Valencia, Wallis, Ward, Wicks, Wilson, Zbur, Rivas

NOES: Davies, DeMaio, Jeff Gonzalez, Hadwick, Macedo, Sanchez, Tangipa

NO VOTE RECORDED: Alanis, Arambula, Castillo, Chen, Dixon, Ellis, Flora, Gallagher, Garcia, Hoover, Johnson, Lackey, Patterson, Ramos, Celeste Rodriguez, Ta

Prepared by: Vincent D. Marchand / HEALTH / (916) 651-4111
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