



# A Guide To Energy Drink Requirements

Disclaimer: The English version is a translation of the original in Arabic for information purposes only. In case of a discrepancy, the Arabic original will prevail.

**In the Name of Allah,  
Most Gracious, Most  
Merciful**

# What are Energy Drinks?



Energy drinks are beverages, which may or may not be carbonated, and they are usually prepared from water and stimulants (such as caffeine, taurine, inositol, and glucoronolactone) and their sources. They may contain vitamins, mineral salts, sweeteners, and other ingredients including approved herbal extracts.

It is strictly prohibited to produce or import these products prior to registering in the Saudi Food and Drug Authority.

**The amount of substances added to energy drinks must not exceed the following limits:**



Substance Type	Maximum Limits per Bottle
Caffeine	23mg/100ml
Inositol	20mg/100ml
Glucuronolactone	240mg/100ml
Taurine	400mg/100ml

### Warning Statements to be declared on the Label



Not suitable for women who are pregnant or breastfeeding, for athletes during exercise or for people under the age of 16, or those who are allergic to caffeine (or any other ingredients), or suffering from heart diseases, high blood pressure, or diabetes.

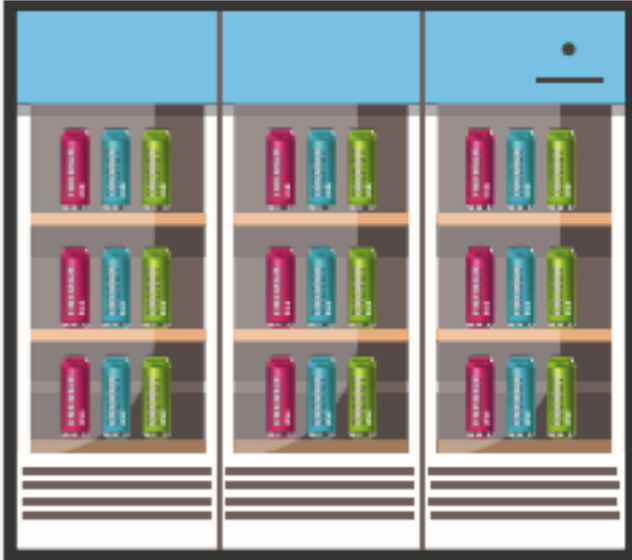


high in Caffeine.



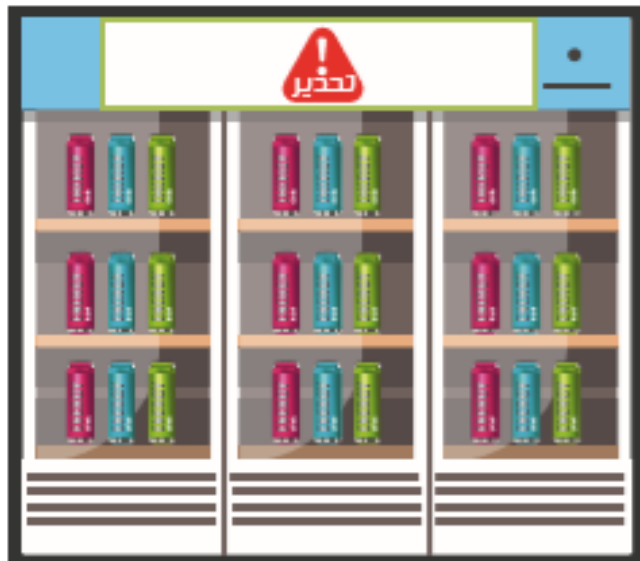
Not to exceed the recommended consumption levels shown on the label

## How Energy Drinks displayed in Stores



Energy drinks must be kept in designated fridges or shelves separable from other beverages and produce.

Energy drink fridges and shelves must bear prominent and visible warning signs similar to those used on the label.



بِالْأَسْمِ نَهْتَم  
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