

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:5101
ANSWERED ON:10.12.2010
PRESENCE OF CAFFEINE
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Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the Government has laid down any norms/parameters regarding the level of presence of caffeine in coffee and other products;
- (b) if so, the details thereof alongwith the manner in which the Government assesses the level of caffeine in such products;
- (c) whether consumption of excess level of caffeine has harmful effects on health;
- (d) if so, the details thereof; and
- (e) the steps taken/proposed by the Government to monitor the presence of caffeine in coffee and other products within prescribed limit?

Answer

THE MINISTER OF HEALTH & FAMILY WELFARE (SHRI GHULAM NABI AZAD)

(a) & (b) The standards for coffee, laid down under Prevention of Food Adulteration Rules, 1955 prescribe norms for caffeine, which is found naturally in coffee. They are as follows-

- (i) Roasted coffee and ground coffee-Caffeine (anhydrous) (on dry basis) – not less than 1.0%.
- (ii) Coffee chicory mixture-Caffeine content on dry basis-not less than 0.6%.
- (iii) Soluble coffee powder-Caffeine content on dry basis- not less than 2.8%.
- (iv) Instant coffee- chicory mixture- Caffeine content on dry basis-not less than 1.4%.

The maximum level of 145ppm of caffeine is permitted in carbonated water. The standards are fixed on the basis of recommendation of the statutory committee under the PFA Act, 1954.

(c) & (d): Caffeine is considered to be addictive and prolonged and excessive use can lead to caffeinism, a condition that has serious behavioural and physiological side effects. Other negative effects of excessive caffeine consumption include tachycardia, anxiety, restlessness and tremors.

Common polymorphisms in genes involved in the metabolism of caffeine can modulate the effect of coffee intake on cardiovascular parameters.

(e) The implementation of PFA Act and Rules is entrusted to the Food (Health) Authorities of the States/U.Ts. Samples of various food articles are taken regularly by the State/U.T. Governments and action is taken from time to time, in case there is violation of PFA Act and Rules.