



REPRESENTATIVE ALYSE GALVIN

Serving Alaska House District 14
Anchorage: Roger's Park, Midtown, Tudor, and Spenard

HB236 Sponsor Statement 34-LS0969N

“An Act relating to the sale of weight-loss drugs and muscle-building supplements to minors and relating to the regulation of weight-loss drugs and muscle-building supplements by municipalities.”

In 2023, 29 percent of Alaska’s youth reported engaging in restrictive eating behaviors. Alaska already faces elevated risks when it comes to eating disorders, and the increasing promotion of weight-loss drugs and muscle-enhancing supplements, particularly on social media, has intensified these concerns. These products are often marketed directly to teens and young people, promoting unrealistic body standards and promises of rapid physical change.

Weight-loss drugs and muscle-enhancing supplements are designed to alter body composition. However, growing research shows that many dietary supplements can pose serious health risks to minors. These risks include triggering or worsening eating disorders, exposure to unregulated or harmful ingredients, and dangerous interactions with medications. Eating disorders are among the deadliest mental health conditions, making prevention and early intervention critically important.

House Bill 236 would prohibit the sale of over-the-counter dietary weight-loss and muscle-enhancing supplements to individuals under the age of 18.

The goal of this legislation is to protect Alaska’s youth from serious health risks associated with these products, particularly when they are used without medical guidance during critical stages of physical and mental development.

HB 236 takes an important step toward safeguarding the well-being of Alaska’s young people and supporting healthier, safer pathways to wellness.

HOUSE BILL NO. 236

IN THE LEGISLATURE OF THE STATE OF ALASKA

THIRTY-FOURTH LEGISLATURE - SECOND SESSION

BY REPRESENTATIVE GALVIN

Introduced: 1/20/26

Referred: Health and Social Services, Finance

A BILL

FOR AN ACT ENTITLED

1 "An Act relating to the sale of weight-loss drugs and muscle-building supplements to
2 minors; and relating to the regulation of weight-loss drugs and muscle-building
3 supplements by municipalities."

4 **BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF ALASKA:**

5 * **Section 1.** AS 11.76 is amended by adding a new section to read:

6 **Sec. 11.76.155. Sale of weight-loss drugs and dietary supplements for**
7 **weight loss or muscle building to minors.** (a) A seller may not sell an over-the-
8 counter weight-loss drug or dietary supplement for weight loss or muscle building to
9 another person unless

10 (1) the seller verifies that the person is 18 years of age or older by
11 checking a government-issued photo identification in person or, before shipping an
12 order, by using an age verification service or other method and the seller verifies that
13 the named recipient of the shipment, if not the same person as the person submitting
14 the order, is 18 years of age or older;

1 (2) the sale occurs in person and, from the person's outward
2 appearance, the seller would reasonably presume the person to be 25 years of age or
3 older; or

4 (3) the person is under 18 years of age and has a prescription for the
5 drug or supplement issued by a licensed practitioner.

6 (b) In this section,

7 (1) "dietary supplement for weight loss or muscle building" means a
8 dietary supplement as defined in 21 U.S.C. 321(ff) that is labeled, marketed, or
9 otherwise represented for the purpose of achieving weight loss or building muscle;

10 (2) "over-the-counter weight-loss drug" means a drug as defined in 21
11 U.S.C. 321(g)(1) that is labeled, marketed, or otherwise represented for the purpose of
12 achieving weight loss for which a prescription is not required under 21 U.S.C. 301 -
13 399i (Federal Food, Drug, and Cosmetic Act);

14 (3) "seller" means a person that, in the regular course of business, sells
15 a dietary supplement for weight loss or muscle building or an over-the-counter weight-
16 loss drug, whether in person or in response to an order, including an online order, for
17 shipment or delivery to a person.

18 (c) A seller or an employee of a seller who knowingly or intentionally violates
19 this section is guilty of a violation and is punishable by a fine of

20 (1) \$250 for the first violation; and

21 (2) \$350 for the second and each subsequent violation.

22 * **Sec. 2.** AS 29.10.200 is amended by adding a new paragraph to read:

23 (68) AS 29.35.142 (regulation of the sale of weight-loss drugs and
24 dietary supplements for weight loss or muscle building to minors).

25 * **Sec. 3.** AS 29.35 is amended by adding a new section to read:

26 **Sec. 29.35.142. Regulation of the sale of weight-loss drugs and dietary**
27 **supplements for weight loss or muscle building to minors.** (a) The authority to
28 regulate the sale of weight-loss drugs and dietary supplements for weight loss or
29 muscle building to minors is reserved to the state, and, except as specifically provided
30 by statute, a municipality may not enact or enforce an ordinance regulating the sale of
31 weight-loss drugs or dietary supplements for weight loss or muscle building to minors.

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(b) This section applies to home rule and general law municipalities.



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HB 236: Sale of Dietary Supplements: Youth Under Age 18

Sectional Analysis

Section 1: Amends AS 11.76.155(a) to restrict a seller from selling an over-the-counter weight-loss drug or a dietary supplement intended for weight loss or muscle building to a person under 18 years of age.

A seller must verify the purchaser's age through valid identification unless the person's outward appearance reasonably indicates they are 25 years of age or older, or the seller has proof of a prescription for the drug or supplement issued by a licensed practitioner.

Amends AS 11.76.155(b) by adding definitions for the following terms: dietary supplement for weight loss or muscle building, over-the-counter weight-loss drug, and seller.

Amends AS 11.76.155(c) by establishing fines for sellers who intentionally sell dietary supplements or muscle-building products to minors. The fine for a first violation is \$250, the second violation is \$350, and each subsequent violation carries an increased penalty.

Section 2: Amends AS 29.10.200 by adding a new paragraph regarding the regulation of the sale of weight-loss products to minors.

Section 3: Amends AS 29.35.142(a) and (b) by adding a new section regarding the regulation of weight-loss drugs and muscle-building supplements. Regulatory authority is reserved to the state. A municipality may not enact or enforce an ordinance regulating weight-loss products unless expressly authorized by statute. This section applies to both home rule and general law municipalities.

Fiscal Note

State of Alaska
2026 Legislative Session

Bill Version: HB 236
 Fiscal Note Number: _____
 () Publish Date: _____

Identifier: HB236-LAW-CJL-03-27-26
 Title: SALE OF DIET/MUSCLE GROWTH
 DRUGS/SUPPS
 Sponsor: GALVIN
 Requester: (H) Health & Social Services

Department: Department of Law
 Appropriation: Criminal Division
 Allocation: Criminal Justice Litigation
 OMB Component Number: 2202

Expenditures/Revenues

Note: Amounts do not include inflation unless otherwise noted below. (Thousands of Dollars)

	FY2027 Appropriation Requested	Included in Governor's FY2027 Request	Out-Year Cost Estimates					
			FY 2027	FY 2028	FY 2029	FY 2030	FY 2031	FY 2032
OPERATING EXPENDITURES								
Personal Services								
Travel								
Services								
Commodities								
Capital Outlay								
Grants & Benefits								
Miscellaneous								
Total Operating	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Fund Source (Operating Only)

None								
Total	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Positions

Full-time								
Part-time								
Temporary								

Change in Revenues

None								
Total	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Estimated SUPPLEMENTAL (FY2026) cost: 0.0 *(separate supplemental appropriation required)*

Estimated CAPITAL (FY2027) cost: 0.0 *(separate capital appropriation required)*

Does the bill create or modify a new fund or account? No
(Supplemental/Capital/New Fund - discuss reasons and fund source(s) in analysis section)

ASSOCIATED REGULATIONS

Does the bill direct, or will the bill result in, regulation changes adopted by your agency? No
 If yes, by what date are the regulations to be adopted, amended or repealed? N/A

Why this fiscal note differs from previous version/comments:

Not applicable; initial version.

Prepared By:	Kathryn Fritz, Budget Analyst 3	Phone:	(907)465-4049
Division:	Administrative Services Division	Date:	03/27/2026
Approved By:	Amber LeBlanc, Administrative Services Director	Date:	03/27/26
Agency:	Department of Law		

FISCAL NOTE ANALYSIS

STATE OF ALASKA
2026 LEGISLATIVE SESSION

BILL NO. HB 236

Analysis

This legislation makes it a violation to sell an over-the-counter weight-loss drug, or dietary supplement for weight loss or muscle building to a person under the age of 18 unless that person has a prescription. If a person violates the provisions of the legislation, it is a violation punishable by a fine of \$250 for the first violation and \$350 for each subsequent violation.

The Criminal Division does not generally handle the prosecution of violations. Therefore, the division does not anticipate a fiscal impact from this legislation.

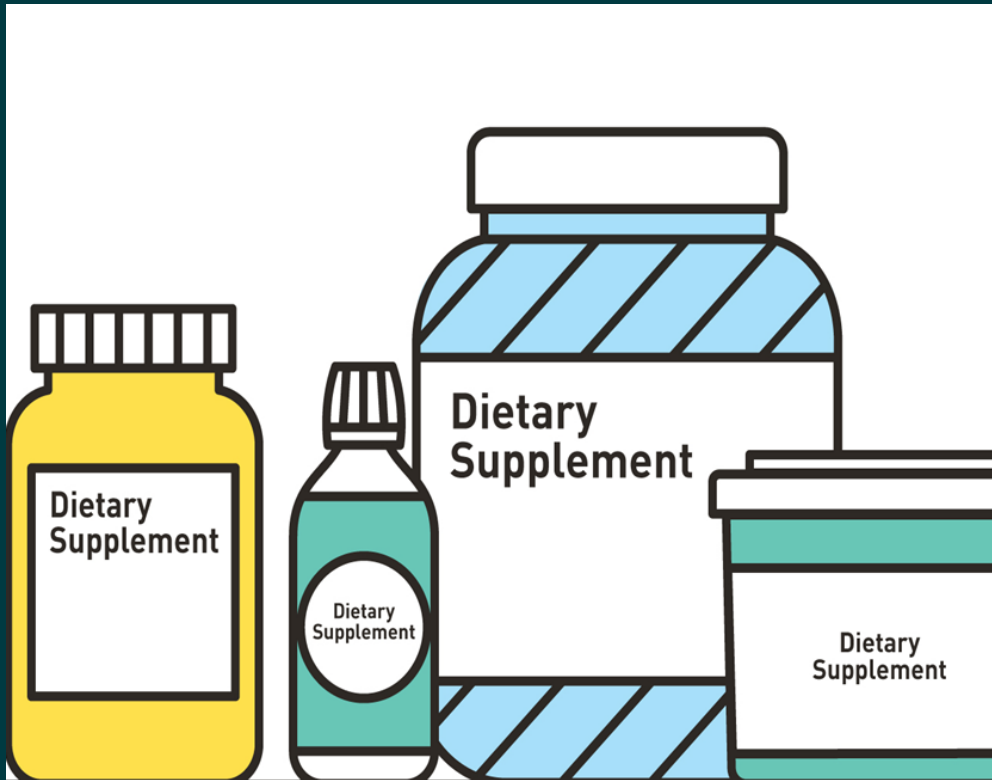
Presented by
Representative Galvin and
Staff Monica
Schwingendorf

HB 236 -SALE
OF DIETARY
SUPPLEMENTS

THE REALITY

- In 2023, 29% of Alaska youth reported restrictive eating. Eating disorders are one of the deadliest mental illnesses second to opioids (Beccia et al. 2023).
- Every 52 minutes, one person dies from an eating disorder in the United States (Deloitte Access Economics, 2020).
- An estimated 10,200 individuals in the US die as a direct result of eating disorders annually. In , this is approximately 23 people per year. (U.S. Census Bureau population statistics, 2018).

DIETARY/MUSCLE SUPPLEMENTS



- **Weight-loss / fat burner supplements** - sometimes marketed as “fat burners,” “thermogenics,” “metabolism boosters” that often contain stimulants + appetite suppressants.
- **Muscle-building / performance supplements** - sometimes marketed as “Pre-workout,” “cutting,” “shredding,” or “lean mass” products, and can include high-dose stimulants and unregulated compounds.
- **Appetite suppressants** - pills, gummies, powders marketed to “control hunger” or “reduce cravings”.
- **Detox / cleanse products** - Can include teas, juices, laxative-based products, often disguised as “wellness” or “gut health”.

DANGEROUS INGREDIENTS

- U.S Food and Drug Administration (FDA) - No Advanced Approval for Safety or Efficacy of Dietary Supplements
- **Ingredients Found:** Undeclared Pharmaceutical Drugs, Stimulants, Appetite Suppressants, Laxative Ingredients, Hormone-like Substances, and Contaminants.

These ingredients post serious health risks:

- Cardiovascular
- Liver Damage
- Hormone Disruption
- Kidney Injury
- Neurological Effects
- Cancer Risk
- In some cases: Death
- In Alaska, 63 people visited the emergency department due to adverse events linked with dietary supplements, which would result in approximately 5 hospitalizations due to dietary supplements proportional to the state population. (U.S. Census Bureau population statistics, 2018).

OTHER STATES TAKING ACTION



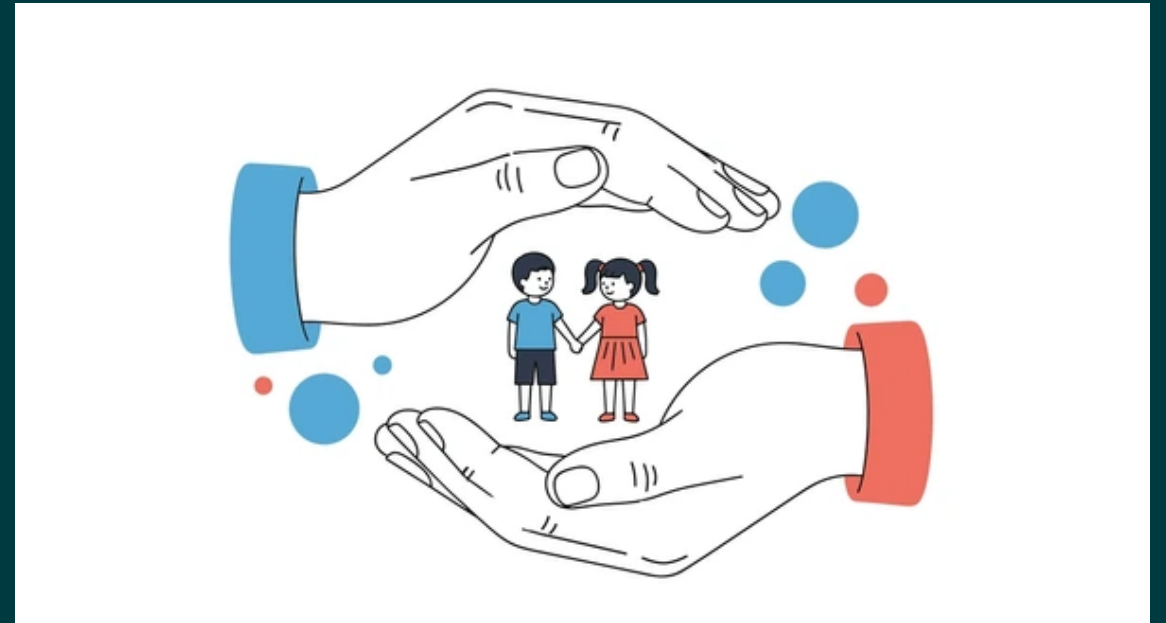
- In April 2024, New York was the first state to ban the sale of dietary supplements or muscle building drugs to minors.
- Massachusetts, New Jersey, California, Illinois, Maryland, Washington, Texas, Virginia, New Hampshire, and Michigan are all states that have introduced legislation which would regulate the sale of dietary supplement to minors.

HB 236: SECTIONAL ANALYSIS

- House Bill 236 would regulate the sale of over-the-counter dietary weight-loss and muscle-enhancing supplements to minors.
- Add definitions for dietary supplements and seller.
- Restrict a seller from selling weight-loss drug/dietary supplement for weight loss or muscle building to a person under 18 years of age through ID verification or proof of prescription.
- Establishes fines for sellers who intentionally sell dietary supplements/muscle building products to minors. The first fine is 250 and the second violation is 350, and each subsequent violation carries an increased penalty.
- Regulatory authority is reserved to the state.

CONCLUSION

- HB 236 is about prevention. It is about reducing avoidable harm, protecting vulnerable youth, and addressing a growing public health issue before it escalates further.



QUESTIONS?