

PUBLIC NOTICE

FDA/CSD/CPE/PNS/26/002

REGULATORY NOTICE ON MIXED DRINKS CONTAINING ALCOHOL AND STIMULANTS

Accra: February 25, 2026 - The Food and Drugs Authority (FDA) has concluded a post-registration review of mixed drinks containing both depressant substances (alcohol) and stimulants such as caffeine, inositol, glucuronolactone, ginseng, and guarana. The assessment took into account international and regional regulatory precedents, where several countries have restricted, suspended, or banned alcoholic energy drinks due to their associated public health risks.

The review assessed the safety and regulatory compliance of these products on the Ghanaian market. It was conducted under Sections 81 and 82(a) of the Public Health Act, 2012 (Act 851), which empowers the FDA to enforce standards necessary to protect public health and safety. Growing scientific and public health evidence link

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the combined consumption of alcohol and stimulants to serious health risks and adverse psychosocial behaviours. This is found particularly among the youth, young adults, and unsuspecting consumers.

Findings from the review were supported by the FDA's Food Expert Committee, specifically the Technical Advisory Committee on Food Safety and Nutrition. Consequently, the FDA has directed all importers, manufacturers, and distributors of mixed drinks containing both alcohol and stimulants to clear such products from the Ghanaian market by the end of **March 2026** without sanctions.

Beyond this deadline, non-compliant products will attract regulatory sanctions, including withdrawal from the

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market. This directive takes effect immediately. Manufacturers and producers are further required to re-formulate their products to conform strictly to the approved standards for Alcoholic Beverages and Energy Drinks as separate product categories.

The FDA remains committed to safeguarding public health and safety, and ensuring that all food and beverage products on the Ghanaian market meet approved safety, quality, and regulatory standards. Consumers are encouraged to remain vigilant and report any suspicious or non-compliant products to the FDA for necessary investigation and enforcement action.

For all inquiries and concerns, please reach out to us through the contacts below.

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