

FSANZ Approves New Caffeine Rules to Strengthen Consumer Safety and Labelling

02 April 2026 | News

The amendments to the Food Standards Code aim to curb the proliferation of highly caffeinated products in the general food supply while improving transparency for consumers



The amendments to the Food Standards Code aim to curb the proliferation of highly caffeinated products in the general food supply while improving transparency for consumers

The Food Standards Australia New Zealand (FSANZ) Board has approved Proposal P1056 Caffeine Review, introducing updated regulations governing the use of caffeine and guarana extract in foods to address rising concerns around excessive caffeine consumption.

The amendments to the Food Standards Code aim to curb the proliferation of highly caffeinated products in the general food supply while improving transparency for consumers. Under the new rules, the retail sale of caffeine as a food ingredient will be prohibited, and stricter conditions will apply to when caffeine can be added to food products. In addition, the use of high-concentration guarana extract will be limited.

A key feature of the changes is enhanced labelling requirements. Packaged coffee beverages with elevated caffeine levels will now need to clearly display caffeine content per serving, along with advisory statements to inform consumers about potential risks.

The revised framework also introduces defined limits for caffeine use in formulated supplementary sports foods, ensuring that such products remain within safe consumption thresholds.

Importantly, existing permissions for caffeine in energy drinks and cola beverages will remain unchanged. Similarly, naturally occurring sources of caffeine, such as coffee and tea, will continue to be permitted, unless classified as unapproved novel foods.

FSANZ stated that the updated regulations are designed to strike a balance between consumer safety and industry innovation. By providing clearer guidance, the amendments are expected to support informed purchasing decisions while allowing manufacturers to develop products within established safety parameters.

Food ministers have a 60-day window to review the decision. If no objections are raised, the amendments will be officially gazetted, with food businesses granted a two-year transition period to achieve compliance.