

Dear [State Representative],

I hope this email finds you well. I want to express my pride in the work you're doing for [Your State]. I'm reaching out about legislation related to an issue that deeply affects my family.

[Your dye story if applicable.]

Extensive research, including studies by the Office of Environmental Health Hazard Assessment (OEHHA), a division of the California Environmental Protection Agency, has linked synthetic dyes to adverse neurobehavioral effects in children. Chronic exposure to these dyes can impair children's ability to learn, succeed in school, and maintain healthy relationships with peers, potentially leading to serious long-term consequences. Moreover, Red 3, is a known carcinogen, while Yellow 5 and Yellow 6 may contain carcinogenic contaminants. Red 3 and Yellow 5 have also been identified as genotoxic.

According to the OEHHA report, reactions to synthetic dyes can mimic or exacerbate existing mental health conditions like ADHD. Neurobehavioral effects caused or worsened by these dyes in children include hyperactivity, inattentiveness, restlessness, sleeplessness, irritability, and aggression. Given the risks associated with consuming synthetic dyes, I believe it is crucial that we take action to protect [Your State] children. [Fact sheet: <https://bit.ly/4e4kIZ9>]

The fact remains that many children, and possibly even adults, experience adverse neurological reactions to synthetic dyes, often without realizing it. As the OEHHA report highlighted, some of our most vulnerable US populations consume the highest number of products colored with synthetic dyes. I believe it's unfair and unethical to expect parents, children, and individuals to have to police their own food to avoid these chemicals. A logical solution to this problem is to inform [Your State] citizens about these dyes in their food through the addition of a warning label to dyed foods, or better yet, remove them entirely.

I hope you'll consider championing a bill to add a warning label to dyed foods or ban synthetic dyes on behalf of the citizens of the state of [Your State]. Such a change is both feasible and cost-free and

could significantly benefit thousands of lives, particularly the most vulnerable members of our population.

Thank you for your consideration and for the work you're doing on our behalf.

Warm regards,

[Your Name]