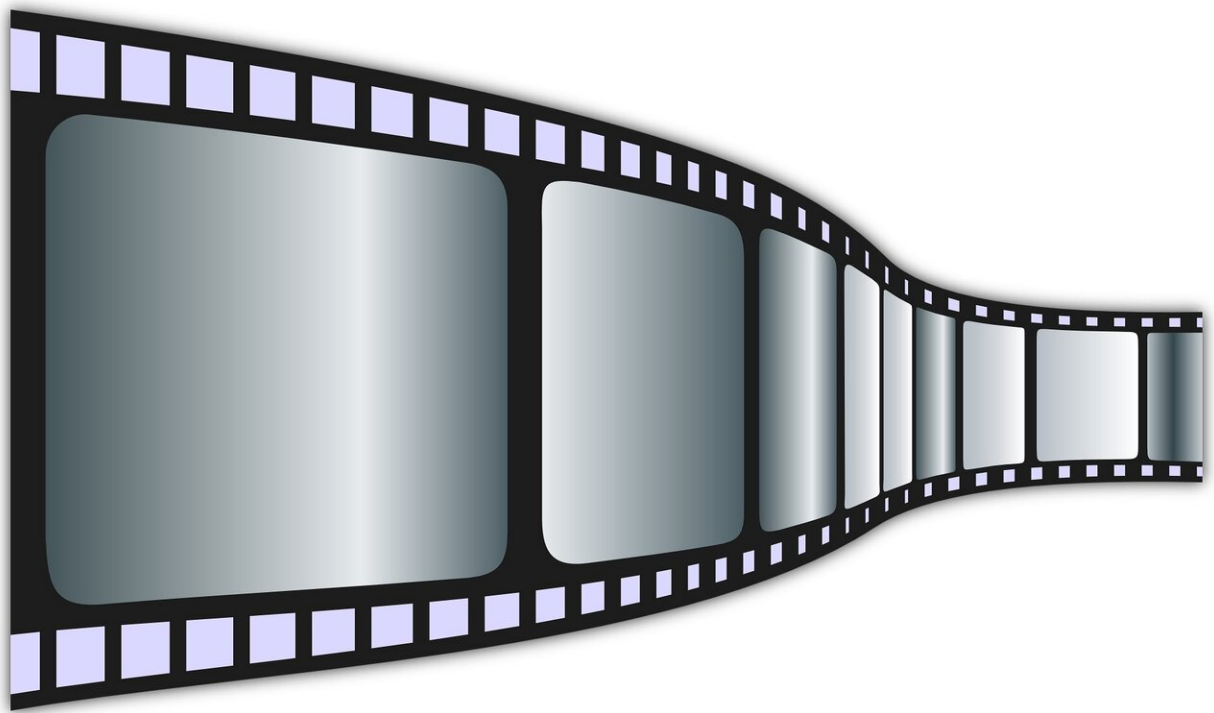


# Research: Dangerous challenge on 'dry scooping' pre-workout powder is prevalent, popular on internet

October 8 2021

---



Credit: CC0 Public Domain

A potentially deadly new challenge called "dry scooping" is prevalent on the internet, and new research shows video demonstrations on one social

media platform popular among teens amassed more than 8 million views. Dry scooping refers to the improper use of pre-workout supplements, a powder typically added to liquid and containing ingredients that are unsuitable for children.

The study abstract, "Dry Scooping and Other Dangerous Pre-Workout Consumption Methods: A Quantitative Analysis," will be presented during the American Academy of Pediatrics 2021 National Conference and Exhibition. The research reviews the improper use of pre-workout supplements, which pose risks to children of respiratory or cardiovascular distress or death.

"It can be difficult for physicians to identify novel trends that may pose health hazards among youth. Take for instance the current pervasiveness of pre-workout and the dangerous methods of its [consumption](#)," said abstract author Nelson Chow, a Princeton University student and Developmental and Behavioral Pediatrics Research intern at Cohen Children's Medical Center. "Sometimes investigating unorthodox platforms like TikTok can yield valuable results."

Videos featuring dry scooping, a method of consumption in which an individual puts a scoop of undiluted [powder](#) into their mouth followed by a few sips of water or liquid amassed over 8 million "likes." Users were at extremely high risk of overconsumption or accidental inhalation of pre-workout powder. The videos also feature the mixing of pre-workout with substances such as [energy drinks](#) and alcohol, according to the research.

The author collected 100 TikTok videos under the hashtag "#preworkout" and analyzed the following data: likes, method of ingestion, number of servings, and combination with other substances. About 64% of the videos featured males, 30% females and 6% both or ambiguous. Only 8% of videos depicted use according to instruction.

The most popular substances consumed alongside pre-workout were energy drinks, creatine/protein powder, and alcohol.

The author suggests that physicians should be aware of the pervasiveness of pre-workout, dangerous methods of consumption, and the potential for accidental overconsumption, inhalation, and injury.

Mr. Chow will present the study abstract at 10:30 pm CT Saturday, October 9, 2021.

**More information:** Abstract Title: Dry Scooping and Other Dangerous Pre-Workout Consumption Methods: A Quantitative Analysis

Provided by American Academy of Pediatrics

Citation: Research: Dangerous challenge on 'dry scooping' pre-workout powder is prevalent, popular on internet (2021, October 8) retrieved 11 May 2024 from <https://medicalxpress.com/news/2021-10-dangerous-scooping-pre-workout-powder-prevalent.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--