

To: House Health Committee

From: Brandy Qualls

Re: HB 1004-Public Health-Prohibited Ingredients in Food

Position: FAVORABLE

To the Committee Members,

My name is Brandy Qualls. I hold a BS in Psychology and am currently a PhD student in Health Psychology, specializing in interdisciplinary systems biology research. I also have 20 years of experience navigating Maryland's court systems as a pro se litigant.

I am writing to urge a FAVORABLE report on HB 1004.

From a systems biology perspective, the human body is an integrated network. Synthetic additives such as Red Dye 3 and Brominated Vegetable Oil act as systemic disruptors. They do not exist in a vacuum; they interfere with the delicate feedback loops among the gut-brain axis, the endocrine system, and the immune response, particularly in the developing biological systems of children.

Having navigated the complexities of the Maryland courts for two decades, I recognize when a system fails its citizens. The inclusion of these toxins in our food supply is a failure of public health infrastructure. I urge this committee to prioritize biological integrity and support HB 1004.

Respectfully,

Brandy Qualls
Linthicum, Anne Arundel County

Scientific Reference in Support of HB 1004

- **Study:** Miller, M. D., et al. (2022). *Potential impacts of synthetic food dyes on activity and attention in children: a review of the human and animal evidence*. Environmental Health.
- **Systemic Impact:** The review of 25 clinical trials found that **64%** showed a positive association between dye exposure and adverse behavioral outcomes.
- **FDA Failure:** The study concludes that current FDA "Acceptable Daily Intakes" (ADIs) are based on 35- to 50-year-old studies that failed to assess neurobehavioral endpoints.

- **Vulnerability:** As a researcher in systems biology, I highlight the study's finding that these dyes disrupt the endocrine and nervous systems at levels currently considered "safe" by the FDA.