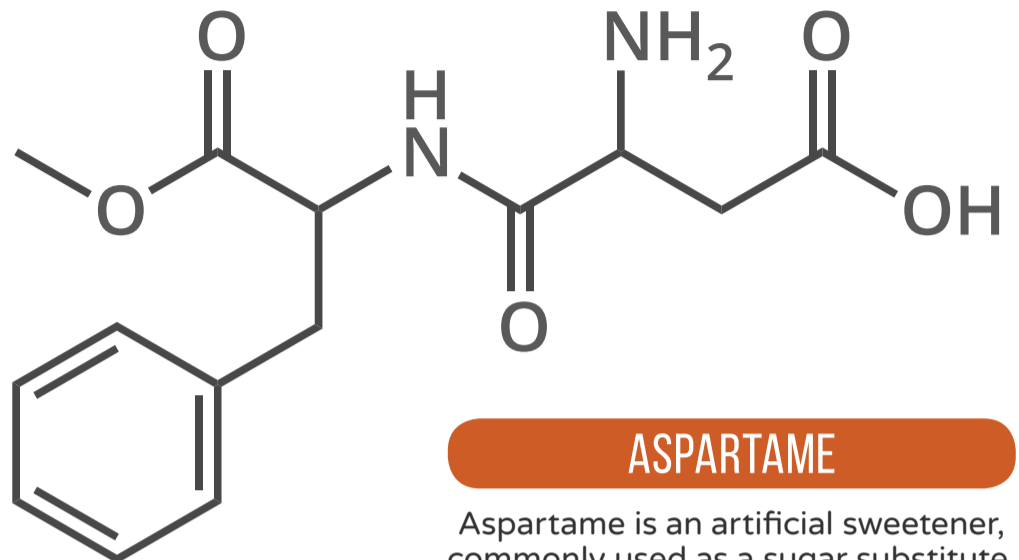


Undeserved Reputation?

ASPARTAME: ARTIFICIAL SWEETENER



ASPARTAME

Aspartame is an artificial sweetener, commonly used as a sugar substitute.

BREAKDOWN PRODUCTS

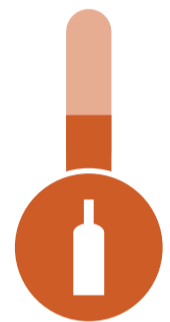
Aspartame breaks down into phenylalanine, aspartate, and methanol in the body. Only around 10% of the aspartame content is converted into methanol, and this amount is much less than we ingest from other sources. Methanol is further metabolised into formaldehyde and then formate, which is excreted in the urine. Much larger amounts of methanol than generated by aspartame have been shown to cause no formaldehyde or formate build-up in the body, so there are no associated health concerns with these levels.



SOFT DRINKS
55 mg per litre



TOMATO JUICE
180-218 mg per litre



RED WINES
99-271 mg per litre

AVERAGE METHANOL CONTENT

(aspartame is metabolised to methanol in the body)



EFFECT ON BRAIN

At normal dietary levels, there is no neurotoxicity from products of aspartame metabolism. There is also no evidence aspartame can induce or enhance susceptibility to seizures.



EFFECT ON HEALTH

Studies show that people who drink beverages that contain aspartame do not have an increased risk of any cancers. At normal dietary levels, there are no adverse health effects.



PHENYLKETONURICS

Phenylketonuria affects 1 in 10000 people. Sufferers can't break down phenylalanine, so should not drink aspartame-containing products, which must be clearly labelled.



HEADACHES

There is no conclusive evidence that ingesting aspartame can cause headaches. Double-blind studies have found it to be no more effective than a placebo at producing headaches in those who identified as sensitive to aspartame.

3750mg

The FDA's acceptable daily intake (ADI) of aspartame (assumes 75kg body weight)

118mg

The amount of aspartame in a 12 ounce can of Diet Pepsi. In order to exceed the FDA's average daily intake, you'd need to drink approximately 32 cans of Diet Pepsi in one day.



IN SHORT: ASPARTAME POSES NO RISKS TO HEALTH AT DIETARY LEVELS, UNLESS YOU SUFFER FROM PHENYLKETONURIA



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