

*What is the evidence from human subjects research that aspartame consumption is associated with adverse effects in the general population?*

**Conclusion Statement.** Aspartame consumption is not associated with adverse effects in the general population. Studies have found no evidence of a wide range of adverse effects of aspartame, including hypersensitivity reactions, elevated blood methanol or formate levels, and hematopoietic or brain cancers. Neurologic changes tested included cognitive functions, seizures, headaches, and changes in memory or mood. The 2009 update did not find new studies meeting the inclusion criteria for this question and the Nutritive and Non-nutritive Sweeteners workgroup (2009) concurs with the conclusion above formulated by the aspartame workgroup (2008). **Grade I=Good.**