

After 30 plus years of rigorous scientific research, it is time to put questions of aspartame safety to rest. It is difficult to identify any dietary constituent that has been more thoroughly evaluated than aspartame. The breadth and depth of scientific data available on aspartame and reviewed here are unlikely to exist for any other food additive. The continuing debate over such a “nonissue” only serves to divert attention and the allocation of resources from more important health issues that need to be addressed.