

## **8. CONCLUSIONS**

Aspartame's metabolism is well understood and follows that of other common foods. Aspartame consumption, even at levels much higher than that expected under typical circumstances, has virtually no impact on levels of other blood constituents such as amino acids, methanol or glucose.

Aspartame is a well-studied sweetener whose safety is clearly documented and well established through extensive laboratory testing, animal experiments, epidemiological studies, and human clinical trials.

Controlled and thorough scientific studies confirm aspartame's safety and find no credible link between consumption of aspartame at levels found in the human diet and conditions related to the nervous system and behavior, nor any other symptom or illness.

Aspartame is well documented to be nongenotoxic and there is no credible evidence that aspartame is carcinogenic.

Aspartame does not increase hunger in those who use it; to the contrary, studies indicate it might be an effective tool as part of an overall weight management program.

Aspartame is a well-characterized, thoroughly studied, high-intensity sweetener that has a long history of safe use in the food supply and can help reduce the caloric content of a wide variety of foods.