

How we know aspartame is safe

We accept that most substances can cause unexpected effects in some individuals and we would not dispute that for some sensitive people – aspartame could potentially cause side effects. As well, too much of any substance – even water – can create problems for some.

However, there is no scientific evidence of any significant adverse affects from aspartame when it is consumed at sensible levels. Even with high doses, the metabolites of this sweetener do not accumulate in toxic amounts. If you need or wish to limit your intake of sugars, and/or reduce your energy intake, there are clear benefits in consuming foods sweetened with aspartame or other artificial sweeteners. Aspartame is well tolerated by healthy adults and children.

There have been a number of misleading or unsubstantiated claims suggesting adverse human health effects from aspartame. These include possible toxicity from methanol; elevated blood levels of aspartic acid and phenylalanine; affects on nerves and the brain and a claimed link with epilepsy and brain tumours.