

## TESTIMONY SB2506

To: Senate Health Committee

From: Jade Bruhjell

In support of the Bill to Ban Aspartame from the State of Hawaii

This issue is being brought up at state level, because we the citizens have become aware that the FDA is now incapable and can no longer serve to protect the American consumer. It has given the poison aspartame free reign in our food chain. We are now looking to the State Senate Health Committee to serve this function to protect our lives and health. Senator Kalani English has stated, "as the devolution of the Federal Government continues, senior officials at state level are under more pressure then ever. They are taking on increasingly complex challenges to develop new conceptual frame work for addressing policy issues."

Aspartame is by far the most dangerous substance that is added to our foods. Aspartame is made up of three chemicals: aspartic acid, phenylalanine and methanol. No other food additive or chemical has ninety-two (92) symptoms listed at the U.S. FDA. It

includes the worst of all neurological diseases, diabetes, obesity, brain tumors and the worst of all symptoms, death. The U.S. FDA had banned aspartame for seventeen (17) years, until this man came in to the picture, Donald Rumsfeld, who was the former CEO of Searle Chemical Company, the original manufacturer of aspartame. Searle's original studies were self-damning, as the primates that were experimented on developed grand mal seizures and death. The USFDA moved to indict Searle for falsified, flawed and manipulated test data.

The Hawaii State Department of Health has testified that their policy is that aspartame is perfectly safe. They also stated that there is no research that shows aspartame to be harmful. The only research that we know of that says that aspartame is safe has been conducted or funded by the manufactures themselves. How can the ingestion of formaldehyde or wood alcohol possibly be considered perfectly safe for human consumption? One ounce of wood alcohol is fatal. The DOH is the agency that should be declaring an emergency public health crisis resulting from the aspartame poisoning of our food.

A startling aspect of aspartame is the secret ingredients and production methods. We have found that aspartame is produced by genetically engineering

E. coli bacteria in vats of toxic sludge, which are centrifugally whirred to separate the ingredients. These ingredients are then dried and rendered into a white powder called aspartame, ready for packaging. Most all of us eat this substance everyday. It is in most processed foods and comes hidden as natural and artificial flavor, vanilla natural flavor, lemon natural flavor, etc., etc. There are few packaged alternative foods to buy as it even infests the health food store products and beverages. I suppose E/ coli can somehow be called natural, but so can arsenic. Can genetically engineering E. coli be considered natural?

Another even more startling aspect of aspartame surfaced when a U.S. Senate hearing before Congress in 1987 revealed that aspartame was listed at the Pentagon as a prospective biochemical war weapon. As a U. S. citizen I would like to know why America consumes more aspartame then any other country as it is in eight thousand (8,000) different products on the grocery shelves and in the drugstore.

Current aspartame bans across the globe:

A.S.D.A., Walmart's UK supermarket chain, bans aspartame.

The European Union Parliament voted to ban all artificial sweeteners in newly born and infant foods.

Fifteen huge UK supermarket chains ban aspartame to protect children from ADHD.

In 2006 Latvia bans aspartame in all schools.

Romania has banned aspartame from their country.

The State of Connecticut has removed aspartame products from all schools

Chicago has taken aspartame out of all their grammar and middle schools.

Molokai has removed all diet and soft drinks from the school soda machines, replacing them with water and juice.

Attempted bans:

The Philippines have attempted to ban aspartame, this Senate bill #1731 may have

passed, and we are waiting for further documentation.

In 2005, forty-seven (47) members of Parliament in the UK called for a total ban of aspartame

In 2006, New Mexico attempted a state ban. (Lobbyists from Monsanto, Ajinomoto, and Coca-Cola overturned what seemed like a sure passing of the bill.)

Please note that these bans and attempted bans are not just simply labeling situations.

This bill came up fast and left us without much testimony in person from world experts and professionals. We the citizenry of this state are calling this committee to recognize the emergency of this situation and pass this bill so it can be brought before the full Senate for thorough scrutiny on this most important issue.

Sincerely yours for our life and health,

Jade Bruhjell

Sen. David IGE

Senate Health Committee

~~Representative Josh Green,~~

It is unfortunate that our letters, signed petitions and faxed testimonies mysteriously did not reach <sup>Mele Carroll's</sup> your office. We are committed to the bill

banning aspartame. Aspartame is a dangerous drug that should never have been approved by the FDA!

There is an accumulation of long-standing intensive research into the brain chemistry-altering effects of toxic artificial sweetener consumed daily by hundreds of millions of unsuspecting individuals. (James Bowen, M.D. Brain Cell Damage From Amino Acid Isolates: A Primary concern from Aspartame-based Products and Artificial Sweetening Agents)

The willful and knowing poisoning of all peoples needs to stop!

Sincerely

Lily M. Akuna  
300 W. Wakelee Ave B2

Hakulua, HI 96732

Lily M. Akuna

Sen. David IGE  
Senate Health Committee

~~Representative Josh Green,~~

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Sincerely

Nancy Ravelo Nancy Ravelo

P.O. 121 Kualapuu HI 96757

Sen David IGT  
Senate Health Committee

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Sincerely

Sandy Gattowski  
PO Box 1500  
Kewaukee WI 53124



Sen. David IGE  
Senate Health Committee

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Sincerely

Jim

P.O. Box 40329  
K'Kai, HI 96748

Sen. David IGE  
Senate Health Committee

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The willful and knowing poisoning  
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Sincerely

Mary But

P.O. Box 34 HI  
K'kai 96748

P.S. Leave the TARO  
Alone  
No Fluoride in  
water

Senate Health Committee

~~Representative Josh Green,~~

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James Bowen, M.D. Brain Cell Damage From Amino Acid Isolates: A Primary concern from Aspartame-based Products and Artificial Sweetening Agents)

The willful and knowing poisoning of all peoples needs to stop!

Sincerely Paul Marinos

P.S. No Fluoride in the water  
Leave the TARO Alone.

PAUL MARINOS

P.O. Box 1508

Kaunakakai, Molokai, HI

96748

Sen. David LGE  
Senate Health Committee

~~Representative Josh Green,~~

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The willful and knowing poisoning  
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Sincerely  
Christy May  
P.O. Box 1508  
Kalamazoo  
MI 49007

NO Fluoride in the water  
GMO  
TARO Research

Sen. David IGE

Senate Health Committee

~~Representative Josh Green,~~

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Sincerely

Krystal Valdez  
1308 Ala Kapuna St. #406  
Honolulu, HI 96819

Sen. David IGE

Senate Health Committee

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The willful and knowing poisoning of all people needs to stop!

Sincerely  
JOHN WORDIN

P.O. Box 121

KPU'11, HI 96757

John Wordin

sen. David IGE

Senate Health Committee

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Sincerely

Brinda Lee Espanola

PO Box 676

Kaunakakai, HI 96748

Brinda Lee Espanola

Sen. David IGE

Senate Health Committee

~~Representative Josh Green,~~

It is unfortunate that our letters,  
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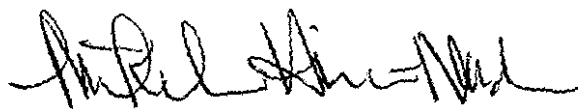
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The willful and knowing poisoning  
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Sincerely

Mikala Hinai-Nanod.  
218A Hiolani St.  
Pukalani, HI.  
96768





Sen. David IGE  
Senate Health Committee

~~Representative Josh Green,~~

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Sincerely

Alaina Hinan-Needham

HCI Box 168

Keanae Hi. 96708

Alaina Hinan-Needham

Sen. David IGE  
Senate Health Committee

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Sincerely,

Patricia Lucas

PATRICIA LUCAS  
POB 1747

Kaunakapu, HI

96748-1747

Sen. David IGE

Senate Health Committee

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Sincerely Kathleen W. Nolan

P.O. Box 1815

Kaunakakai HI 96748

DC  
No Florida

DC  
James Bowen  
James Bowen


Sen. David IGE  
Senate Health Committee

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Sincerely,  


LEO AZAMBUJA  
P.O. BOX 482227  
KAWAIAKI HI 96748

Sen. David IGE

Senate Health Committee

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The willful and knowing poisoning of all peoples needs to stop!

P.S. Sincerely Julie Turner / Julie Turner  
PO Box 1629

No Fluoride in Water  
as well  
5. To in alone.

Kainakakai, HI 96748

2/13/08

Sen. David I. GE  
Senate Health Committee

~~Representative Josh Green,~~

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The willful and knowing poisoning  
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Sincerely

Edward K. Hoodhue

P.S., Leave The

HC-01, Box 542

Taro alone!

Kaunakakai, HI

No Fluoride in water

96748

Sen. David IGE  
Senate Health Committee

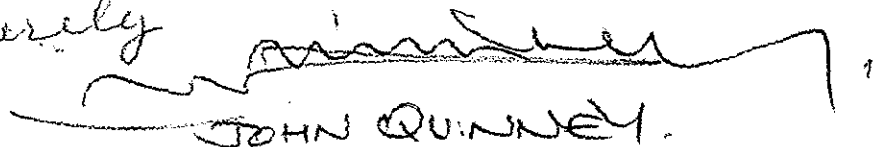
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Sincerely



JOHN QUINNEY.

P.O. Box 1747

Kaunakakai HI. 96748

Sen. David IGE  
Senate Health Committee

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Sincerely

Glenda Kahookalani

GLEND A KAHOOHANO HANO  
P.O. BOX 812  
Kaanakakai, HI 96748



Sen. David IGE  
Senate Health Committee

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The willful and knowing poisoning  
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Sincerely,

Joyla Clay

PO Box 482137

Kaunakakai, HI 967482

PS:  
No Fluoride in  
the water

Alone

Sen. David IGE

Senate Health Committee

~~Representative Josh Green,~~

It is unfortunate that our letters, signed petitions and faxed testimonials mysteriously did not reach <sup>Nickie Carroll's</sup> office. We are committed to the bill

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James Bowen, M.D. Brain Cell Damage From Amino Acid Isolates: A Primary concern from Aspartame-based Products and Artificial Sweetening Agents)

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Sincerely Josh Graham

534 Hoak Drive

Kipoi Maui

Sen. David IGE  
Senate Health Committee

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Sincerely

Alone Martha M. Sullivan  
P.S. Leave the taro in 6319 Lake Dr  
P.S. No fluoride in the water? Longmont, CO 80503

Sen. David IGE  
Senate Health Committee

~~Representative Josh Green,~~

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The willful and knowing poisoning  
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Sincerely Susan J. Goodue

HC-01 Box 542

Kaunakakai, HI 96748

P.S. A locally genetically modified toxin!

And No Fluorides in the water! They're both

the most

Sen. David IGE  
Senate Health Committee

~~Representative Josh Green,~~

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The willful and knowing poisoning of all peoples needs to stop!

Sincerely,

Calvin Elyson  
PO Box 100 #5

Kaunakakai HI 96748

NO  
FLUORID  
WATER  
in OUR  
1.1.11

P.S  
LEAVE OUR

TARO ALONE !!

Sen. David IGE  
Senate Health Committee

~~Representative Josh Green,~~

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Sincerely  
Mary But  
PO BOX 34 HI 18

P.S. Leave the TARO  
Alone

No Fluoride in

Sen. David IGE

Senate Health Committee

~~Representative Josh Green,~~

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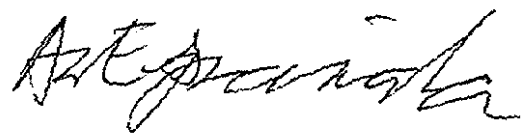
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Sincerely

Albert K. Espaniola  
P.O. Box 676  
HI 96748



Sen. David IGE  
Senate Health Committee

~~Representative Josh Green,~~

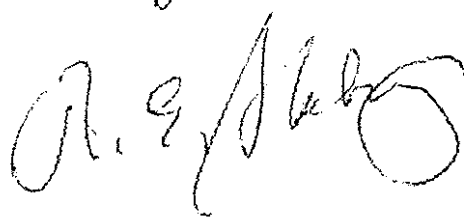
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The willful and knowing poisoning  
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Sincerely



Rosemary SZABULKA  
P.O. Box 1719  
Riverside, CA 92502  
96748

P.S.  
reseal the  
top done,  
No fluoride,  
in water.



I talked with you yesterday after 4:00 PM. on the 21st  
to make sure that official letters are acceptable as testimony.

Senator David Jay  
Committee

There is a case letter for 34 letters  
of testimony that we wish to have heard on  
Mon. February 25, 2008 Our community had  
the unfortunate situation of having preventable  
gated letters, argued positions, e-mails etc  
rather 'constantly' 'host'!

Cooperation is already. I personally  
retreated my water go blind from  
documented changes to his eye vision  
while her vision kept declining.  
I sincerely hope you have taken the  
time to read that 'misery' the  
documentary that was made available to  
you give!

Allyson is a very fine neurosurgeon.  
It is estimated 40 times in the human  
according to Blythe's book. There also  
was a study on pigment mice. When the  
fetus was near term the dopamine was found  
concentrated on the retina. The drug  
through the placenta; children and  
opthalmologists have the poison removed  
from children's chorio-retina, that sets  
and also all the medications that are  
prescribed it as a strategy.  
anti-tumor, etc etc, is in your hands  
all yours

Sen. David IGE

Senate Health Committee

Representative Josh Green,

It is unfortunate that our letters, signed petitions and faxed testimonies mysteriously did not reach your office. We are committed to the bill

banning aspartame. Aspartame is a dangerous drug that should never have been approved by the FDA!

There is an accumulation of long-standing intensive research into the brain chemistry-altering effects of toxic artificial sweetener consumed daily by hundreds of millions of unsuspecting individuals.

James Bowen, M.D. Brain Cell Damage From Amino Acid Isolates: A Primary concern from Aspartame-based Products and Artificial Sweetening Agents)

The willful and knowing poisoning of all peoples needs to stop!

Sincerely

Krista Hightower ~~Krista Hightower~~  
1400 Maunaloa Hwy Kaulakakai, HI  
96748

Sen. David IGE  
Senate Health Committee

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Cell Damage From Amino Acid Isolates: A  
Primary concern from Aspartame-based  
Products and Artificial Sweetening Agents)

The wilful and knowing poisoning  
of all peoples needs to stop!

Sincerely, Michael Deschone

Michael Deschone  
PO Box 1715  
Kaanapali, HI 96748

P.S. Leave the  
TARO alone! No Fluoride  
in Water

Sen. David IGE  
Senate Health Committee

Representative Josh Green,

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Sincerely, Carol Franko

CAROL FRANKO

PO Box 127

Kaunakakai HI 96748

808 553-5905

Sen. David Ilt  
Senate Health Committee

~~Representative Josh Green,~~

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The willful and knowing poisoning  
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Sincerely

Elizabeth K. Kai/H-95740

~~\*~~ P.S. No Fluoride in Water  
Leave Them Alone.

Sen. David IGE  
Senate Health Committee

~~Representative Josh Green,~~

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The willful and knowing poisoning  
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Sincerely

David Green  
Kamohakui, HI

Dr. Leana He  
-ano Green  
NO FLORIDE

Sen. David IGE  
Senate Health Committee

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Products and Artificial Sweetening Agents)

The willful and knowing poisoning  
of all peoples needs to stop!

Sincerely done,

P.S. Leave face alone  
No fluoride in water

Rod Alcan  
P.O. Box 865  
K'Kai, Mdol674

Senator David Ige  
Senate Health Committee

This is a cover letter for 34 letters of testimony that we wish to have heard on Mon. February 25, 2008. Our community had the unfortunate situation of having previously faxed letters, signed petitions, e-mails etc. rather 'conveniently' LOST!

Aspartame is deadly. I personally witnessed my sister go blind from documented changes to her optic nerve while her vision kept declining.

I sincerely hope you have taken the time to view 'Sweet Misery' the documentary that was made available to your office.

Aspartame is a very toxic neurotoxin. It is concentrated 40 times in the human according to Blaylock's book. There also was a study on pregnant mice. When the baby mice were born the aspartame was four concentrated on the retina. The drug concentration in the mother is doubled through the placenta.

On behalf of your children and grandchildren, have the POISON removed from children's chewable vitamins, diet soda and also all the medications that suddenly it as a sweetener.

Our future, all of us, is in your hands.  
Sincerely,  
Kathleen Swin

To make sure that your community can view your testimony and that these letters are acceptable as testimony



TESTIMONY FOR HB2680 & SB2506 (PART IV) – BAN ASPARTAME IN HAWAII  
SENATE & HOUSE HEALTH COMMITTEES

Dear Honorable Chairs & Committee Members of the Senate or House Health Committees,

I am submitting Part IV of my testimony, in support of the bill, with comments on a recent study published in the journal *Critical Reviews in Toxicology*, 2007 (hereafter called the Burdock Study), claimed by opponents of the bill to be evidence of the safety of aspartame. This study was conducted by the Burdock Group located in Washington D.C. My comments are as follows:

1. The sponsor of the study was Ajinomoto Company, Inc. Although the study states “the identity of the sponsor of the review was unknown to the chair and expert panelists throughout the conduct and completion of the review,” two of the panelists, of which one was the lead author, were from the Burdock Group. To assume that no conflict of interest or communication existed with the sponsor may be considered naïve. The pattern of industry funded studies, concluding that aspartame is safe, is well established. In an article in the *British Medical Journal* (Briffa, 2005), the MD author states “this review is particularly worrying as it shows that, although 100% of industry funded (either whole or in part) studies conclude that aspartame is safe, 92% of independently funded studies have found that aspartame has the potential for adverse effects.” The list of industry versus independent studies may be found at [www.dorway.com/peerrev.html](http://www.dorway.com/peerrev.html).

2. 56 of 90 independent funded studies showing “adverse reaction identified” by Dr R.G. Walton, MD in *Survey of Aspartame Studies: Correlation of Outcome and Funding Sources*, were not cited or discussed by the Burdock Study. An example of concern is a study by Trocho, 1998, published in *Life Sciences* titled “Formaldehyde Derived From Dietary Aspartame Binds To Tissue Components In Vivo.” This is really troubling considering that aspartame breaks down to methanol which in turn breaks down to formaldehyde and accumulation in the tissue is definitely not acceptable for good health.

3. After approximately 25 year of having aspartame in beverages and other products with frequent industry funded studies saying it is safe, one must ask now why was the Burdock Study initiated only now. It appears that this study was generated to scrutinize, criticize, and counter three recent studies published by the well-known European Ramazzini Foundation of Oncology and Environmental Sciences (Soffritti, 2007, 2006, 2005) which stressed that based on the adverse results of aspartame, “a reevaluation on the use and consumption is urgent and cannot be delayed.” My review found it unusual that 100% of studies cited by the Burdock Study (except those above that were excluded), that showed or discussed adverse effects were discredited by “word-washing” rationalizations. It appears that if they applied the same scrutiny and criteria to all the studies claiming aspartame to be safe, many may also be discredited. It raises a serious question on how could so many adverse studies, published in peer reviewed journals, be wrong?

4. A recent study published in *Circulation*, the official journal of the American Heart Association, (Lutsey, 2008) confirms the adverse effect of metabolic syndromes when consuming diet beverages. The study states “metabolic syndrome is a cluster of cardiovascular risk factor abnormalities associated with increased risk of Type 2 diabetes mellitus, cardiovascular disease, and all-cause mortality.” This study was published after the Burdock Study. However, the Burdock Study did not address the potential for any cardiovascular problems, even though heart disease is considered to be the number one cause of death in the U.S.

5. Finally, there is the issue of phenylketonuria (PKU), a rare inborn error of metabolism in which, newborn screening was implemented as early as 1962. (Wilcken, 2008 & Therrell, 2007). PKU is a disease in which accumulation of phenylalanine is toxic to brain tissue (Mosby's Medical Dictionary, 1994). It is well established by published studies that PKU individuals are vulnerable to aspartame. As a result, the FDA requires that any food containing aspartame must bear on its label the following statement: "Phenylketonurics: contains phenylalanine. In addition, when aspartame is used as a sugar substitute for table use, the label must bear instructions not to use it in cooking or baking" (Burdock Study, pg 638). The big question is what about the millions of people who were born before PKU testing was initiated in 1962 that may not even be aware of the problem? This was not addressed by the the Burdock Study.

Thank you for conducting this hearing. Copies of studies noted are available on request.

Mahalo,  
Adrian Chang, Cell 227-9763

## TESTIMONY SB2506

To: Senate Health Committee

I am here as a concerned mother, grandmother and a health practitioner. Fortunately for the past thirty-eight (38) years I have had the good sense to take my meals in their natural state, rarely eating processed foods. I am happy to say at 61 years of age I am on not medication and am in good health.

At this past Makahiki Celebration on Molokai, my granddaughters gave there eight month old sister some ice pops containing li hing mui. Later that day this baby was screaming like I had never seen her, so very, very agitated, she was truly beside herself, so disturbed and nothing would calm her. Li hing mui is sweetened with aspartame. This granddaughter has never acted like that since and we are very careful that she doesn't ingest anything with aspartame.

Two weeks ago the mother of my oldest grandchild started having seizures. Out of the blue, this thirty year old woman was diagnosed with epilepsy. Through the years I had hardly heard of adult onset epilepsy.

This is a young healthy woman who innocently drank sodas and chewed gum laced with aspartame, just like some of your children do. Her life is now on hold. She has a successful business, just built a home and now she is not allowed to drive or work for six months, in hopes her seizures can be controlled. Seizure is high on the list of complaints for aspartame poisoning.

With the ninety-two (92) aspartame related complaints listed at the U.S. FDA, which amounts to seventy-five percent (75%) of the total complaints and a worldwide effort to ban this toxic substance, what more do we need to know? What more do we need to act, to help save a child from ADD and the likes? What can we do to prevent friends and family from coming down with epilepsy? I know it is extremely difficult to sift through the mountains of reports and paperwork in today's world. Aunty Luana Hamakua of Molokai` says to all of you "remember your roots." I say remember the people that believed in you and worked very hard without compensation to get you into office. These are the people who need your protection, we want to trust that you will do what is best for us. Please do not let us down. Be courageous ban this poison now.  
Aloha nui loa, Nancy Ravelo, P.O. Box 121,  
Kualapu`u, HI 96757

Kathleen J. Flynn

SB # 2506

I ask you – What is going on? - when the food we eat to sustain us is laced with a poison. You are. You are consuming this poison. Something has gone wrong when making money is more important than life, your child's life.

It has been discovered that the use of lead containers in storing food and drink contributed greatly, if not ultimately to the downfall of the Roman Empire. They did not have the capacity to test for toxic and poison substances. We have the technology to understand what is healthful to ingest and what is not. Why do we continue putting poisonous substances in our food supply? Aspartame is in at least 6,000 prepared food products.

I know in your hearts you want to do the best for the people, your family and mine and seven generations to come. These times give no room to falter. The world needs heroes, be brave!



## HAWAII FOOD INDUSTRY ASSOCIATION

820 Mililani St., Suite 810, Honolulu, Hawaii 96813  
Phone (808) 533-1292 - Fax (808) 599-2606 - Email LISHawaii@aol.com



Monday, February 25, 2008  
1:15 PM

To: Committee on Health  
Senator David Ige, Chair / Senator Carol Fukunaga, Vice Chair

By: Hawaii Food Industry Association  
Lauren Zirbel

RE: SB 2506 RELATING TO FOOD

HFIA strongly opposes this measure.

Aspartame is used in over 6,000 products. The FDA has approved its use on multiple occasions. Numerous foreign and international regulatory agencies have likewise approved it. No regulatory body has found it potentially harmful. Many health-related organizations endorse its use, particularly as a tool to manage caloric and carbohydrate intake and to combat obesity.

In April 2006, the National Cancer Institute released the results of its own study involving more than 500,000 people and showing no adverse health results arising from the use of aspartame.

Banning the most commonly used artificial sweetener on the market will juristically alter the availability of many well loved nutritional supplements, yogurts, drinks and basic food products consumers have come to rely for weight management and blood sugar control.

This scientifically unwarranted ban will have broad and fast negative implications for commerce. We strongly urge the legislature to rethink this brash measure.

## **COMMENTS ON ASPARTAME FROM THE LEADING HEALTH EXPERTS**

"Available evidence suggests that consumption of aspartame by normal humans is safe and is not associated with serious adverse health effects."

**American Medical Association (AMA)  
Council on Scientific Affairs report, published in The Journal of the American Medical Association, July 19, 1985 :254 (3):400**

"Present levels of aspartame consumption appear to be safe for those who do not have PKU. . . . The blood phenylalanine levels reported in response to loading doses of aspartame in normal adults and those heterozygous for the PKU gene do not seem to be sufficiently high to warrant concern of toxicity to the individual or even to a fetus during pregnancy."

**American Academy of Pediatrics Committee on Nutrition, Task Force on the Dietary Management of Metabolic Disorders, December 1985 Final Report**

"Evidence indicates that long-term consumption of aspartame is safe and is not associated with any adverse health effects."

**American Dietetic Association "Use of Nutritive and Nonnutritive Sweeteners" position statement, July 1993**

"The American Dental Association welcomes the development and FDA approval of new artificial sweeteners that are shown to be safe and non-contributory to tooth decay. Aspartame is an FDA-approved, safe sweetening agent and flavor enhancer that can be substituted for sugar in the diet."

**The American Dental Association**

Currently, evidence does not show any link between aspartame ingestion and increased cancer risk.

**American Cancer Society**

Aspartame is another common artificial sweetener. Extensive investigation so far hasn't shown any serious side effects from aspartame.

**American Heart Association**

Aspartame is a dipeptide containing the amino acids phenylalanine and aspartic acid. The acceptable daily intake of aspartame is 40 mg/kg

body weight/day, which is equivalent to a person weighing 60 kg drinking approximately sixteen cans of diet soft drink daily  
**Canadian Department of National Health and Welfare.**  
**Information letter No. 602, 31 July. Ottawa: Health Protection Branch**

"Evidence suggests that consumption of aspartame by pregnant women is safe and does not pose a health hazard."

**Health Canada, Bureau of Food Regulatory, International, and Interagency Affairs. Regulatory impact analysis statement. Canada Gazette 1994; Part II, Vol.128, No.21:3344-3348.**

Several websites and documents circulating on the Internet are making unsubstantiated claims about aspartame, an artificial sweetener used in many diet soft drinks and other foods.

These stories claim that Aspartame is the cause of a variety of illnesses, including MS, lupus, Alzheimer disease, Parkinson disease, birth defects, Desert Storm syndrome, brain tumors, and seizures. However, please bear in mind the following:

- The claims are not documented.
- There is no evidence for "epidemics" of multiple sclerosis, lupus, and some of the other diseases as claimed in the articles.
- There is no evidence that authors of the claims have any scientific, medical, or academic credentials; nor is there any evidence that they have done any scientific research to support their claims.
- No published, peer-reviewed scientific research exists that supports the claims being made in the articles.

Scientifically controlled studies are of great importance, whether they prove a drug is of true benefit or that a substance is of true harm.

**National Multiple Sclerosis Society**

The CDC also noted that there was **no evidence** supporting the claim that aspartame could cause certain diseases (i.e. multiple sclerosis, lupus, etc.).....While nothing can be considered 100 percent safe, aspartame has undergone extensive testing. With the exception of a few very mild side effects, aspartame appears to be quite safe. Those individuals, who experience problems after consuming aspartame,



should eliminate foods and beverages that contain this sweetener from their diet.

### **Multiple Sclerosis Foundation newsletter MSFocus**

According to the National Cancer Institute, there's no scientific evidence that any of the artificial sweeteners approved for use in the United States cause cancer.

### **MAYO Clinic**

Aspartame is composed of two amino acids, aspartic acid and phenylalanine. The phenylalanine is linked to a methyl compound. When aspartame is digested, approximately ten percent is converted to methanol, which is then converted to formaldehyde, which is converted to formate, which is then converted to carbon dioxide and water. All of these conversions occur by normal processes. These same processes are used in converting the methanol found in many fruits, fruit juices, vegetables and wine to carbon dioxide and water. Thus, methanol is a natural by-product of the metabolism of many common foods. In fact, a glass of tomato juice yields about 5 times as much methanol as a similar amount of diet soft drink containing aspartame. These amounts of methanol are rapidly metabolized, do not accumulate in the body and do not reach harmful amounts.

Nonetheless the small amounts of methanol formed by the break-down of aspartame has been alleged, in uncontrolled studies, to be a factor in diseases such as multiple sclerosis and PD. There is no scientific evidence that aspartame causes or aggravates MS or PD. The cause of MS and PD are unknown, and both disorders existed before aspartame was invented. The presence of the amino acid phenylalanine in aspartame has been alleged, in uncontrolled studies, to block the absorption of levodopa, or to aggravate PD. There is no evidence aspartame blocks the absorption of levodopa. The level of daily consumption that is judged to be safe by the FDA is 50 milligrams per kilogram (mg/kg) of body weight per day. At this level, for example, a 150-pound (60-kilogram) person would need to consume almost 16 12-ounce cans of a beverage containing aspartame.

### **National Parkinson Foundation**

Scientists have found that aspartame is generally safe for most people to consume. The U.S. Food and Drug Administration (FDA), the government agency responsible for ensuring the safety of the food and drinks sold in the United States, approved aspartame in 1981 after

extensive studies found that it was safe for use as a sweetener. The FDA has approved four other sweeteners for human consumption: saccharine, acesulfame potassium (acesulfame-K), neotame, and sucralose.

Other government agencies and independent health groups have also said that aspartame-containing foods and drinks are safe to consume, as long as they are part of a balanced diet. Those groups include the:

- American Medical Association (AMA)
- American Diabetes Association
- American Dietetic Association (ADA)
- World Health Organization (WHO)
- United Nations Food and Agriculture Organization
- government regulators in more than 100 countries

### **Nemours Foundation**

Aspartame has come under fire in recent years from individuals who have used the Internet in an attempt to link the sweetener to brain tumors and other serious disorders. But FDA stands behind its original approval of aspartame, and subsequent evaluations have shown that the product is safe. A tiny segment of the population is sensitive to one of the sweetener's byproducts and should restrict intake. However, the agency continually monitors safety information on food ingredients such as aspartame and may take action to protect public health if it receives credible scientific evidence indicating a safety problem.

Other organizations give aspartame and the other approved sugar substitutes a thumbs up. For example, the American Heart Association endorses their use by diabetics and those on weight-loss diets. The American Diabetes Association calls sugar substitutes "free foods" because they make food taste sweet, but they have essentially no calories and do not raise blood sugar levels.

### **Federal U.S. Consumer Information Center**

Several studies have been conducted on aspartame's effect on cognitive function in both animals and humans. These studies found no scientific evidence of a link between aspartame and memory loss.

Aspartame was approved by the U.S. Food and Drug Administration (FDA) in 1996 for use in all foods and beverages. The sweetener, marketed as Nutrasweet® and Equal®, is made by joining two protein components, aspartic acid and phenylalanine, with 10 percent methanol. Methanol is widely found in fruits, vegetables and other plant foods.

#### **Alzheimer's Association**

The extensive evidence presently available indicates that aspartame is a safe food ingredient. ACSH believes that consumers need not be concerned about its use. Extensive scientific evidence, including an unusually large number of studies in human subjects, indicates that aspartame is a safe food additive. Although aspartame is now approved for a wide variety of uses, levels of consumption remain well within safe limits."

In fact, aspartame, known as "NutraSweet" and "Equal," is safe. Aspartame is one of the most thoroughly tested substances in the U.S. food supply. Numerous authorities, including the Food and Drug Administration, the Joint Expert Committee on Food Additives of the FAO/WHO, the European Community, and the American Medical Association have concluded that aspartame is a safe product, except in the rare cases of phenylketonuria. For more information on aspartame, please refer to ACSH's peer-reviewed booklet Low Calorie Sweeteners. And beware of Internet health hoaxes.

#### **American Council on Science and Health**

Aspartame (NutraSweet) is a calorie-free sweetener. Most reported reactions, include "hives," swelling of the eyelids, lips or hands and headaches. But these reactions have not been verified. People who have a problem breaking down the amino acid, phenylalanine, should not consume aspartame. Some claim the product also causes hyperactivity in children, but study results do not support these claims.

#### **Asthma and Allergy Foundation of America**

We are aware there is an email message circulating on the Internet warning individuals with lupus about dangers associated with using the artificial sweetener aspartame. The Lupus Foundation of America consulted with the chair of the LFA Medical Council, Evelyn Hess, MD, MACP, MACR. Dr. Hess is one of the nation's leading researchers in the field of lupus specializing in environmental influences. According to Dr. Hess, there is, as of now, no specific proof of an association with aspartame as a cause or worsening of SLE.

**Lupus Foundation of America**

We conclude that aspartame is safe for the general population  
**Paul A. Spiers, visiting scientist in the Clinical Research Center  
Massachusetts Institute of Technology (MIT)**

Reports that the incidence of brain tumors went up at the same time that the sweetener aspartame was introduced were inaccurate. The incidence of brain tumors actually began to increase before the introduction of aspartame and the most recent data have shown a slight decrease in the past years...

**American Academy of Family Physicians  
"American Family Physician June 1998"**

The European Commission's Scientific Committee on Food (SCF) has published its updated opinion on the safety of the sweetener aspartame after an extensive review of more than 500 pieces of research. The Committee concluded – on the basis of its review of all the data available to date – that there is no need to revise its earlier risk assessment, which concluded that aspartame is safe.

**European Commission's Scientific Committee on Food**

Aspartame, distributed under several trade names (e.g., Nutrasweet® and Equal®), was approved in 1981 by the FDA after numerous tests showed that it did not cause cancer or other adverse effects in laboratory animals. Questions regarding the safety of aspartame were renewed by a 1996 report suggesting that an increase in the number

of people with brain tumors between 1975 and 1992 might be associated with the introduction and use of this sweetener in the United States. However, an analysis of then-current NCI statistics showed that the overall incidence of brain and central nervous system cancers began to rise in 1973, 8 years prior to the approval of aspartame, and continued to rise until 1985. Moreover, increases in overall brain cancer incidence occurred primarily in people age 70 and older, a group that was not exposed to the highest doses of aspartame since its introduction. These data do not establish a clear link between the consumption of aspartame and the development of brain tumors. More recently the public data base on cancer incidence in the United States -- the SEER Program -- does not support an association between the use of aspartame and increased incidence of brain tumors.

**National Cancer Institute**

The American Diabetes Association finds the use of the two commercially available non-caloric sweeteners saccharin and aspartame to be acceptable. The use of both sweeteners is encouraged for the particular advantages of each."

**American Diabetes Association**

As an organization devoted to people with seizure related problems, we [at] the Epilepsy Institute have evaluated the current scientific evidence and found aspartame to be safe for people with epilepsy. . . . the members of the Professional Advisory Board of the Epilepsy Institute looked at the seizure activity of our patients, many of whom consume aspartame regularly, and saw no change over the past three years.

**The Epilepsy Institute, published in the Congressional Record, June 20, 1986**

FDA adequately followed its food additive approval process in approving aspartame. . . . Throughout aspartame's approval history, GAO found that FDA addressed safety issues raised internally and by outside scientists and concerned citizens.

**General Accounting Office (GAO) report to Senator Howard Metzenbaum, "Food Additive Process Followed for Aspartame," June 18, 1987**

It is most unlikely that aspartame would have any effects on humans that would not be seen with common foodstuffs.

**Committee of Chemicals in Food, Consumer Products and the Environment, Department of Health and Social Security, United Kingdom, September 6, 1983**

The committee concerned has considered the available information on aspartame on a number of occasions, most recently in February of this year, and as a result aspartame has been given full clearance for use in food and drink. . . . I would like to reassure those of your readers who may have been concerned about the articles in the national press that this Department remains satisfied as to the safety of aspartame.

**Sir Henry Yellowlees, chief medical officer, United Kingdom Department of Health and Social Security, in a letter published in the British Medical Journal, September 24, 1983**

[T]he data provided no evidence that the occasional transient changes in blood amino acid levels, following simultaneous ingestion of aspartame and glucose, could produce changes in neurotransmitter levels which might affect mood or behaviour. . . . The Committee saw no reason for concern over the amounts of methanol likely to be produced by the metabolism of aspartame when compared with those present naturally in food. . . . Foetal effects from excessive material aspartame consumption by pregnant women heterozygous for PKU were not likely in view of the available data on phenylalanine levels in maternal blood.

**Report of the Scientific Committee for Food on Sweeteners, European Economic Community, January 3, 1985**

[T]he data [consumer complaints alleging adverse reactions caused by aspartame] do not provide evidence of the existence of serious, widespread, adverse health consequences attendant to the use of aspartame.

**Centers for Disease Control (CDC) "valuation of Consumer Complaints Related to Aspartame Use," published November 2, 1984, in Morbidity and Mortality Weekly Report**

In conclusion, based on our research, I concur with the findings of the FDA and regulatory authorities around the world that aspartame is

safe at expected levels of consumption.

**Dr. Lewis Stegink, University of Iowa College of Medicine, in April 2, 1985, testimony before the Senate Labor and Human Resources Committee**

With the exception of individuals who have phenylketonuria (PKU) or are carriers of the disease, there is no credible or creditable evidence from human or animal experience at anything like a reasonable dose level to indicate a safety problem [with aspartame].

**Dr. Arthur Raines, professor and acting chairman, Department of Pharmacology, Georgetown University, in a letter published in the Washington Post Health magazine, June 2, 1987**

In conjunction with previous studies demonstrating the safety of aspartame, this investigation confirms that aspartame is safe for use by persons with diabetes."

**Jeanine Nehrling, R.D., David Horwitz, M.D., Ph.D. et al, from their study, "Aspartame Use by Persons With Diabetes," published in the September/October 1985 Diabetes Care**

By conducting this study in a controlled hospital setting we were able to determine that aspartame was no more likely than placebo to cause allergic reactions in people allegedly sensitive to the product.

**Dr. Raif S. Geha, chief of the Division of Immunology at Children's Hospital in Boston and professor of pediatrics at Harvard Medical School, in a Children's Hospital press release on research abstracted in the Journal of Allergy & Clinical Immunology, January 1992**

[Aspartame] consumed at daily doses equivalent to those contained in approximately 10L of aspartame-containing beverage is not associated with any significant changes in clinical measures or adverse experiences in healthy adults.

**Dr. A.S. Leon et al, from their study, "Safety of Long-term Large Doses of Aspartame," published in the October 1989 Archives of Internal Medicine**

[D]oses of aspartame commonly found in beverages do not negatively influence mood or well being.

**Dr. E.E.A. Pivonka et al, in their study, "Aspartame- or sugar-sweetened beverages: Effects on mood in young women," published in the February 1990 Journal of The American Dietetic Association**

[I]t is my opinion that this entire issue [aspartame's alleged effect on behavior] long ago transcended any scientific base that might ever have supported it. Enough is enough; it is time to move on. There are simply too many substantive issues that await investigation in the area of nutrition and brain function to waste further effort being obsessive about something that isn't really there.

**Dr. John D. Fernstrom, Department of Psychiatry, Pharmacology, and Behavioral Neuroscience, University of Pittsburgh, in a letter published in the American Journal of Clinical Nutrition, April 1987**

"A letter recently circulating on the Internet stated that aspartame can cause a number of illnesses: multiple sclerosis and systemic lupus erythematosus (SLE), as well as Alzheimer's disease. As far as I can ascertain, there is no reliable evidence to support the claim that aspartame causes any of these disorders." Responding to the claims that breakdown byproducts of aspartame are dangerous, he added: "While it is true that high heat can break down aspartame, there is no evidence that the breakdown products are toxic."

**Simeon Margolis, M.D., Ph.D. and professor of medicine and biological chemistry at Johns Hopkins University**

"...the evidence is overwhelming that there are no health risks to use of aspartame in the usual amounts (even 64 ounces) for everyone except the one person in about 16,000 in the United States who has phenylketonuria and can't metabolize it." **Lawrence J. Cheskin, M.D. gastroenterologist , Johns Hopkins University**

An 8-oz glass of milk has six times more phenylalanine and thirteen times more aspartic acid than an equivalent amount of soda



sweetened with NutraSweet. An 8-oz glass of fruit juice or tomato juice contains three to five times more methanol than an equivalent amount of soda sweetened with NutraSweet.

Aspartame has been studied extensively, since 1965, with approximately 200 studies conducted in humans and animals. The safety of aspartame has been well established. The results of these scientific studies have shown that eating products sweetened with aspartame is no different from eating other foods and is not associated with adverse health effects. It is unfortunate that the Internet's remarkable capacity to transmit information means that it can also transmit misinformation widely and with lightning speed.

**Joslin Diabetes Center, an affiliate of Harvard medical School**

"The overall safety of these compounds is remarkable across the board." **Michael Gallo, Ph. D. Professor of Environmental and Occupational Medicine at Robert Wood Johnson Medical School and University of Medicine and Dentistry of New Jersey**

The report claiming aspartame causes MS, often referred to as the "Nancy Merkle hoax", is believed to have been circulating since 1995. The message is attributed to a "Nancy Merkle," yet no one by that name is known to exist, nor has anyone come forward claiming to be the author. No credentials, research or sources are cited. This hoax first came to the attention of the Multiple Sclerosis Foundation in 1998, when those circulating it added the false claim that the MSF was suing the U.S. Food and Drug Administration to halt the sale and use of aspartame. The MSF neither condemns nor endorses aspartame, and has never filed suit against the FDA." The MSF called the Nancy Merkle hoax "*rabidly inaccurate and scandalously misinformative.*"  
**Multiple Sclerosis Foundation (MSF)**

## **\THE TRUTH ABOUT ASPARTAME – Updated January 2007**

### **Summary**

Scientifically unsupported claims about aspartame safety have been raised in New Mexico and elsewhere. As early as 1999, TIME magazine reported that aspartame opponents “fabricate[d] a health rumor” on the Internet to conduct an “e-mail scare campaign” (*A Web of Deceit*, 2/8/99). Aspartame is a low calorie sweetener used in the United States and worldwide in diet sodas and 6,000 other products. It has been used for more than 25 years. The U.S. Food and Drug Administration, under both Democratic and Republican Administrations, has approved its use on multiple occasions. Numerous foreign and international regulatory agencies have likewise approved it. No regulatory body has found it potentially harmful. Many health-related organizations and many in the scientific community endorse its use, particularly as a tool to manage caloric and carbohydrate intake and to combat obesity.

### **Hundreds of Scientific Studies Confirm Aspartame’s Safety**

Aspartame was tested in more than 100 scientific studies before the federal government approved its use in 1981. There are now more than 200 scientific studies confirming its safety conducted over the last 30 years. The United States is only one of many countries to have conducted a comprehensive scientific review of aspartame and to have concluded it to be a safe food ingredient. These countries include those of the European Union (by the Scientific Committee on Food of the European Commission as well as by member countries such as France, Germany and the United Kingdom), Canada, Australia/New Zealand, Japan, South Korea, China and India. More than 130 countries allow the use of aspartame in food. In addition, aspartame has been reviewed and determined to be safe by the Joint Food and Agriculture Organization/World Health Organization Expert Committee on Food Additives (“JECFA”), the American Medical Association’s Council on Scientific Affairs, the American Diabetes Association and the American Dietetic Association.

### **Aspartame Facts and Benefits**

Aspartame is a leading sweetener used as an alternative to sugar in foods ranging from yogurts and desserts to soft drinks and chewing gum. Millions of people depend on the ingredient to control their caloric intake and to help manage their weight. Substituting a diet soda sweetened with aspartame for a 12-ounce soda sweetened with sugar or corn syrup eliminates from 140 to 180 calories. Aspartame is particularly beneficial in New Mexico, where the incidence of obesity and its resulting life-threatening risks substantially exceed national averages.

### **Recent Events**

Since the issue of aspartame safety was first raised in New Mexico, additional international support for aspartame has accumulated. The European Food Safety Authority (the European Union’s counterpart to the FDA) analyzed the “Ramazzini Study,” which had been cited by aspartame opponents as implying a link between aspartame and some cancers

in rats. That Authority's analysis, announced in May 2006, concluded that this study was invalid and did not require any change in the approved status of aspartame. An Expert Committee of the U.K. Department of Health, as well as Food Standards Australia New Zealand (the equivalent to the FDA for those countries), both reached the same conclusion.

## **EXPERT SUPPORT FOR ASPARTAME SAFETY**

### **Health Groups**

"Aspartame is a low-calorie artificial sweetener that is about 200 times sweeter than sugar. Currently, evidence does not show any link between aspartame ingestion and increased cancer risk."

– American Cancer Society, [www.cancer.org](http://www.cancer.org), Accessed August 2006

"Aspartame is one nonnutritive sweetener that individuals can safely use as part of a healthy, balanced diet to manage their weight, diabetes, dental health, and other health concerns. Allegations blaming aspartame for a number of health problems is refuted by hundreds of scientific, peer-reviewed studies demonstrating its safety. . . . The New Mexico Dietetic Association joins other health organizations in our confidence of the scientific research on aspartame demonstrating its safety as part of an overall healthy, balanced diet."

– New Mexico Dietetic Association, February 2006

"It is the position of the American Dietetic Association that consumers can safely enjoy a range of nutritive and nonnutritive sweeteners . . ."

– American Dietetic Association, "Position of the American Dietetic Association: Use of Nutritive and Nonnutritive Sweeteners," 2004

Aspartame is "acceptable during pregnancy and lactation."

– Dietitians of Canada, "Recommendations for Nutrition Best Practice in the Management of Gestational Diabetes Mellitus," November 28, 2006

"The safety of aspartame and its metabolic constituents has been established and continues to be critically and comprehensively monitored through extensive toxicology studies in laboratory animals, using much greater doses than people could possibly consume."

– Canadian Diabetes Association, National Nutrition Committee Technical Review, 2004

"The extensive evidence presently available indicates that aspartame is a safe food ingredient. ACSH believes that consumers need not be concerned about its use. . . . Although aspartame is now approved for a wide variety of uses, levels of consumption remain well within safe limits."

– American Council on Science and Health report, "Low-Calorie Sweeteners," March 1993

"The American Diabetes Association finds the use of the two commercially available non-caloric sweeteners saccharin and aspartame to be acceptable. The use of both sweeteners is encouraged for the particular advantages of each."

– American Diabetes Association position statement, "Use of Noncaloric Sweeteners," 1990

"As an organization devoted to people with seizure related problems, we [at] the Epilepsy Institute have evaluated the current scientific evidence and found aspartame to be safe for people with epilepsy. . . . the members of the Professional Advisory Board of the Epilepsy Institute looked at the seizure activity of our patients, many of whom consume aspartame regularly, and saw no change over the past three years."

– **The Epilepsy Institute**, published in the Congressional Record, June 20, 1986

"Available evidence suggests that consumption of aspartame by normal humans is safe and is not associated with serious adverse health effects."

– **American Medical Association**, Council Scientific Affairs, Journal of the American Medical Association, July 19, 1985

## **Governments/Regulators**

“... [O]ur position that aspartame is safe is based on the large body of information previously reviewed. Our conclusions are based on a detailed review of more than 100 toxicological and clinical studies on safety.”

– Dr. Laura Tarantino, U.S. Food and Drug Administration, FDA Consumer Magazine, July-August 2006

“We are confident that the scientific evidence supports the current uses of aspartame in food products.”

– Food Standards Australia New Zealand, June 2006

“... [t]he panel concluded, on the basis of all the evidence currently available, that there is no need to further review the safety of aspartame . . .”

– European Food Safety Authority, Press release, “EFSA assesses new aspartame study and reconfirms its safety,” May 5, 2006

“Exposure to aspartame had no effect on the survival of any of the animal groups. No increases in tumors were seen in males or females from either strain of mice. We conclude that aspartame did not cause cancer in the genetically modified mice used in these studies.”

– National Toxicology Program, National Institutes of Health, NIH Publication No. 06-44-59, October 2005

“...Before consideration was given to permitting aspartame for use in foods in Canada, officials of Health Canada evaluated an extensive array of toxicological tests in laboratory animals and, since its listing for use, they have examined the results of a number of clinical studies in humans. There is no evidence to suggest that the consumption of foods containing this sweetener, according to the provisions of the Food and Drug Regulations and as part of a well-balanced diet, would pose a health hazard to consumers.”

– Health Canada Report, February 2003

“The Committee concluded that on the basis of its review of all the data in animals and humans available to date, there is no evidence to suggest that there is a need to revise the outcome...” of the prior endorsement of aspartame's safety.

– E.U. Scientific Committee on Food, “Opinion of the Scientific Committee on Food: Update on the Safety of Aspartame,” December 10, 2002

“FDA adequately followed its food additive approval process in approving aspartame. . . . Throughout aspartame's approval history, GAO found that FDA addressed safety issues raised internally and by outside scientists and concerned citizens.”

– General Accounting Office report to Senator Howard Metzenbaum, “Food Additive Process Followed for Aspartame,” June 18, 1987

“FDA properly denied a hearing after finding that petitioners have raised no material issue regarding the safety of the wet use of aspartame.”

– United States Court of Appeals, District of Columbia Circuit, decision upholding FDA's denial of a request for a public hearing on aspartame, September 24, 1985

“Few compounds have withstood such detailed testing and repeated, close scrutiny, and the process through which aspartame has gone should provide the public with additional confidence of its safety.”

– Former FDA Commissioner Arthur Hull Hayes, commenting in his final decision to

approve aspartame, July 24, 1981

## **Scientists and Health Professionals**

"Low calorie sweeteners such as aspartame are safe and can be beneficial in helping in weight control. This is especially important as young people are experiencing a rising epidemic of obesity and diabetes."

– Dr. Ken Corazza, Albuquerque pharmacist, Albuquerque Journal, June 6, 2006

"Aspartame is the one low calorie sweetener that I recommend to my pregnant patients with gestational diabetes. Since the body uses it in the same way as it would any other amino acid, it's a safe bet."

– Melissa Sujak, RD, CDE, Northwestern Memorial Wellness Institute, Today's Diet, Winter 2006

"I don't consider aspartame to have any risks, but there are endless risks to being overweight or obese."

– Catherine Collins, St. George's Hospital, London, Top Sante, January 2005

"Evidence does not support links between aspartame and cancer, hair loss, depression, dementia, behavioural disturbances, or any of the other conditions appearing in websites."

– Prof. Michael E. J. Lean and Catherine R. Hankey, University of Glasgow, British Medical Journal, October 2004

"By conducting this study in a controlled hospital setting we were able to determine that aspartame was no more likely than placebo to cause allergic reactions in people allegedly sensitive to the product."

– Dr. Raif S. Geha, chief of the Division of Immunology at Children's Hospital in Boston and professor of pediatrics at Harvard Medical School, Children's Hospital press release on research abstracted in the Journal of Allergy & Clinical Immunology, January 1992

"[Aspartame] consumed at daily doses equivalent to those contained in approximately 10L of aspartame-containing beverage is not associated with any significant changes in clinical measures or adverse experiences in healthy adults."

– Dr. A.S. Leon et al, "Safety of Long-term Large Doses of Aspartame," Archives of Internal Medicine, October 1989

"[I]t is my opinion that this entire issue [aspartame's alleged effect on behavior] long ago transcended any scientific base that might ever have supported it. Enough is enough; it is time to move on. There are simply too many substantive issues that await investigation in the area of nutrition and brain function to waste further effort being obsessive about something that isn't really there."

– Dr. John D. Fernstrom, Department of Psychiatry, Pharmacology, and Behavioral Neuroscience, University of Pittsburgh, letter published in the American Journal of Clinical Nutrition, April 1987

### **For More Information**

[www.aspartame.net](http://www.aspartame.net)

[www.aboutaspartame.com](http://www.aboutaspartame.com)

[www.aspartame.org](http://www.aspartame.org)

[www.eatright.org](http://www.eatright.org)

[www.aspartamearchives.org](http://www.aspartamearchives.org)

[www.ific.org](http://www.ific.org)

[www.diabetes.org](http://www.diabetes.org)

[www.acsh.org](http://www.acsh.org)



*The Aspartame Resource Center  
Ingredients LLC*

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