



The Safety of Sucralose

Discovered more than 30 years ago, sucralose, a calorie-free, sweetener, has undergone extensive scientific review to determine its safety and viability for human consumption. It has been evaluated by the U.S. Food and Drug Administration, the Joint Food and Agriculture Organization/World Health Organization Expert Committee on Food Additives, the Health Protection branch of Health and Welfare Canada, Food Standards Australia/New Zealand, the European Union's Scientific Committee on Food, and several other organizations in South America and Asia. Sucralose was first approved by the FDA in 1998 – after **20 years** of in-depth research and analysis – and today, it is available and used in over 80 countries around the globe. Available in international markets for over 13 years, it has never been required to carry any safety information or warning statements.

At 600 times sweeter than sugar, a little sucralose goes a long way. Due to its intense sweetness, only miniscule amounts of sucralose are ever used in foods and supplements. As it is made from real sugar, sucralose can be used as a sweetener almost anywhere sugar is used.

Over 100 scientific studies performed over a 20-year period have clearly demonstrated the safety of sucralose as a food additive. These studies assessed risks regarding cancer, genetic effects, reproductive health and fertility, birth defects, immunology, neurological effects and metabolism. The results indicate that there are no ill effects, even in large doses equivalent in sweetness to 40 pounds of sugar per day. The FDA and other international health authorities such as the World Health Organization have found sucralose to be safe for all consumers, including children, pregnant women and diabetics.

In large part, sucralose is not absorbed by the body. It is stable under heat and over a broad range of pH conditions, helping it to rapidly pass through the intestines virtually unchanged and unaffected by the digestive process. As the body does not

recognize sucralose as a sugar or carbohydrate, it has no effect on glucose utilization, carbohydrate metabolism or insulin secretion. Studies of individuals with normal blood glucose levels and those with diabetes (both type I and type II) confirm that sucralose has no effect on short- or long-term blood glucose control.

Quick Facts

- Made from natural sugar yet offers zero calories
 - Is 600 times sweeter than sugar
 - Has no effect on blood glucose levels
 - Underwent 20 years of extensive research and has more than a decade of safe usage
 - Has never been required to carry safety information or warnings
 - Is approved by the FDA, FAO, WHO, Health and Welfare Canada, Food Standards Australia/New Zealand and the European Union's Scientific Committee on Foods
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