

Aspartame – Health Canada 2010



Allegation: The methanol in aspartame is toxic and is linked to numerous health problems including lupus and blindness, and also mimics multiple sclerosis.

Not supported.

While methanol is a by-product of aspartame digestion, it is not foreign to the human diet. The pectin in many common foods including fruits and vegetables and their juices contains low levels of methanol and substances that are metabolised to methanol. A cup of tomato juice would provide about six times more methanol than a cup of aspartame-containing soft drink. Dietary methanol, whether it comes from aspartame or common foods, is present at levels too low to cause any health problems. It does not accumulate in the body but is metabolised through normal metabolic pathways to formaldehyde, then to formic acid and finally to water and carbon dioxide. As the Multiple Sclerosis Society of Canada has stated in a Medical Update Memo available on its website at <http://www.mssociety.ca/en/research/PC990122.htm>, there has been no published peer-reviewed research supporting a link between aspartame and multiple sclerosis and no evidence of an MS "epidemic" exists.

Allegation: Aspartame is especially dangerous for diabetics.

Not supported.

When the evaluation of the safety of aspartame was conducted by Health Canada, possible susceptible populations, including diabetics, were taken into consideration. Studies before and after approval of aspartame have shown that it can be used safely by people with diabetes. A review of the available studies on aspartame and glycemic control is available in a recent publication (The Clinical Evaluation of a Food Additive: Assessment of Aspartame. 1996. Edited by C. Tschanz et al. CRC Press). The conclusion of the authors was that in five well-conducted studies, the addition of aspartame to the diabetic diet in single doses or for prolonged periods of time did not affect control of blood sugar levels. In addition, there were no effects on parameters indicative of insulin counter-regulation.

Allegation: Aspartame causes cancer and brain tumours.

Not supported.

Scientists in the world-wide scientific community, including Canadian scientists, have found no link between aspartame consumption and the incidence of cancer or brain tumours from a study of the safety studies performed with aspartame.

Allegation: Aspartame causes seizures.

Not supported.

Clinical studies conducted by medical researchers have shown that there is no link between aspartame consumption and seizures. One study was conducted on children and adults claiming to have experienced aspartame-induced seizures. On some days they were given a placebo and on other days they were given a large single dose of aspartame. Monitoring by EEG of their brain signals demonstrated that aspartame was no more likely to cause seizures than a placebo. Another study on children with a medical history of seizures showed that aspartame did not induce or worsen seizures in these seizure-prone subjects.

Allegation: Aspartame causes allergic reactions.

Not supported.

Investigation of reports from people claiming to have had allergic reactions to aspartame did not demonstrate a link between aspartame and allergic reactions.



Top 10 Detoxifying Foods

	Eat them raw, throw them into a broth, or add them to juices. Their chlorophyll helps swab out environmental toxins (heavy metals, pesticides) and protects the liver.
	You need to keep the fluids flowing to wash out the body and fresh lemonade is ideal. Its vitamin C, considered the detox vitamin, helps convert toxins into a water-soluble form that's easily flushed away.
	Put a handful into salads, soups, and sandwiches. The peppery little green leaves have a diuretic effect that helps move things through your system. And cress is rich in minerals too.
	Add it to everything -- salads, sauces, spreads. In addition to the bulb's cardio benefits, it activates liver enzymes that help filter out junk.
	This antioxidant-rich brew is one of the healthiest ways to get more fluids into your system. Bonus: It contains catechins, which speed up liver activity.
	Get them at your health-food store or grocery store. They pack 20 to 50 times more cancer-fighting, enzyme-stimulating activity into each bite than the grown-up vegetable.
	They're credited with protecting liver cells from the damaging effects of alcohol and other chemicals. For a concentrated form, try tahini, the yummy sesame seed paste that's a staple of Asian cooking.
	There are two main types of detoxifying enzymes in the liver; this potent veggie helps activate both of them. Coleslaw, anyone?
	A plant that's rich in soluble fiber, like oat bran, but more versatile. It mops up toxins (cholesterol too) and helps clear them out. Stir powdered psyllium into juice to help cleanse your colon, or have psyllium-fortified Bran Buds for breakfast.
	They're full of vitamin C, fiber, nutritious fluids, and all kinds of antioxidants. Besides, nothing tastes better than a ripe mango, fresh berries, or a perfect pear.