

ASPERTAME

www.dorway.com
The place to go for the truth about Aspartame.

Aspartame is an artificial sweetener that was approved by the FDA in 1981. It is packaged under the brand names **NutraSweet, Equal, Spoonful, Canderel, Dietsweet and E591**.

*See article below entitled: **Does SugarTwin® Contain Aspartame?***

Aspartame is used in over six thousand products and is usually included in the ingredients list of food products such as diet soda. It has caused a lot of controversy with many claiming it causes a variety of health problems.

The following article was found on the Alliance for Natural Health's (ANH) old website. Unfortunately they didn't include this article when creating their new site. However, they do have other articles on aspartame on their new site at: <http://www.anh-usa.org/>

EFSA Defends Controversial Sweetener Aspartame

Article overview: June 8, 2009

Regulatory view: The US FDA and now the European Food Safety Authority (EFSA) would have you believe that the artificial sweetener, aspartame, is perfectly safe for use in well over 6000 common food and drink products worldwide.

Science: Repeated independent scientific research has shown serious health impacts including the carcinogenic potential of aspartame, but this research has been swept aside in the face of corporate pressure—another scientific travesty.

Side-effects: Aspartame is thought to be an addictive neurotoxin responsible for a wide range of neurological, behavioural and gastro-intestinal side-effects—earning a reputation for outnumbering all other foodstuffs in self-reported consumer complaints to the FDA.

EFSA whitewash: Despite the findings of the Italy-based European Ramazzini Foundation, the most thorough investigations yet conducted into the carcinogenic potential of aspartame, EFSA have sided with the FDA and "Big Food" who are making millions out of peddling this dangerous chemical to unsuspecting consumers.

The highest authority on food safety in Europe, the European Food Safety Authority (EFSA), has again declared the sweetener as safe, despite animal studies showing its carcinogenic potential and complaints of neurological, behavioural and gastro-intestinal side-effects by thousands of consumers around the world.

Aspartame has now lost its patent and is present in well over 6000 food products and is consumed by millions. It is thought to be an addictive neurotoxin that may cause a wide range of neuro-endocrine disrupting and carcinogenic effects. The amino-acid-based compound breaks down to create toxic by-products, namely formaldehyde, formic acid and aspartylphenylalanine diketopiperazine (DKP), the latter being associated with an increased rate of brain tumours in animal studies.

Self-reported claims of adverse reactions following the consumption of aspartame-containing soft drinks and foods outnumber all other complaints from other foodstuffs made to the US Food & Drug Administration (FDA).

How might aspartame harm you?

Aspartame appears to be an addictive neuro-excitatory toxin and has been associated with a very wide range of side effects, as well as being found to mimic a range of diseases.

For a comprehensive list of over 90 side effects that have been associated with the consumption of aspartame, see the list compiled by Dr Janet Hull, author of Sweet Poison, <http://www.sweetpoison.com/aspartame-side-effects.html>

A little history on aspartame

Mistakenly discovered in 1965 when James Schlatter was testing an anti-ulcer drug, it wasn't until July 1974 that aspartame was approved for use in dry goods.

This approval was short-lived as in August 1974 neuroscience researcher, Dr John W Olney, and consumer attorney, Jim Turner, filed objections and therefore a hold was put on aspartame's approval.

However, despite these objections and investigations into aspartame manufacturer G D Searle's research practices, it was given approval by the US Food and Drug Administration (FDA) for use in dry goods in 1981 and in 1983 for carbonated beverages.

For a more detailed history of aspartame read Dr Leigh Erin Connealy's article:

Aspartame: Is the Sweet Taste Worth the Harm?

http://www.naturalnews.com/024225_aspartame_FDA_studies.html

In 2004 Cori Brackett and J T Walden filmed and directed "***Sweet Misery: A Poisoned World***", (View this video on the Health page or on youtube.com) after covering 7000 miles to collect 25 hours of interview footage with doctors, lawyers, consumers with health problems they associate with aspartame usage, advocates, and many others. The producers credit *Sweet Misery* with revealing "*one of the most pervasive, insidious forms of corporate negligence in the history of the industrial revolution.*"

Despite its official status as an approved food additive, many would argue that aspartame continues to be one of the most toxic substances available for mass consumption today. Dr. Betty Martini founder of Mission Possible World Health International is arguably aspartame's most outspoken and active opponent.

Following is a list of foods in your local supermarket in which you might find aspartame. [Remember: whole, natural foods don't contain aspartame!]

Any product labeled as containing Aspartame, Nutrasweet, Equal, Canderel, Dietsweet or E591

- Aseptically packaged fruit drinks
- Breath mints
- Food/dietary supplements
- Carbonated soft drinks
- Cereal bars
- Chewable vitamins
- Chewing gums
- Childrens' breakfast cereals
- Coffee sweeteners (e.g., 'Sweet & Low')
- Confectionary
- Cookie/biscuit fillings
- Diabetic products
- Dry mixes for gelatins, puddings, beverages, dairy toppings
- Food/dietary supplements
- Flavoured milks
- Frozen desserts
- Medical foods
- Low-fat desserts
- Frozen novelties
- Fruit jams and spreads
- Low-fat products
- Pharmaceuticals
- Processed breakfast cereals
- Sports nutrition supplements
- Refrigerated gelatins
- Refrigerated juice-based drinks
- Refrigerated puddings
- Tea beverages
- Weight loss products
- Yogurts

After all this talk of brain tumours, memory loss and numerous other chronic illnesses, are you running off to buy your fizzy drink or even your once-healthy yogurt?

And what happens when aspartame consumers become depressed or epileptic, or get Alzheimers Disease? Has anyone noticed the potential link between excessive consumption of aspartame and a rise in sales of selective serotonin reuptake inhibitors (SSRI) drugs?

It may be that Big Food is not acting alone on this one...

Does SugarTwin® Contain Aspartame?

The formulations for SugarTwin® in the U.S. is listed below, followed by the formulation for SugarTwin® sold in Canada, as taken from the Sugar Twin site.

Although their site does not mention aspartame, see the article below that was taken from the U.S. company, Precision Foods, which blends the SugarTwin® formulation, stating it comes in either saccharin or aspartame.

U.S. SugarTwin® Original Packets: Dextrose, sodium Saccharin, artificial flavor. Contains 3.68% Saccharin. Each packet contains 29.3 mg of Saccharin. Contains nutritive and non-nutritive sweeteners.

U.S. SugarTwin® Granulated White: Maltodextrin, sodium Saccharin, calcium chloride. Contains 3.71% Saccharin. Each level teaspoon serving contains 14.8 mg of Saccharin. Contains nutritive and non-nutritive sweeteners.

U.S. SugarTwin® Granulated Brown: Maltodextrin, sodium Saccharin, calcium chloride, caramel color, artificial flavor. Contains 3.53% Saccharin. Each level teaspoon serving contains 14.1 mg of Saccharin. Contains nutritive and non-nutritive sweeteners.

Canada SugarTwin® Original Packets: Dextrose, sodium cyclamate 33%. Contains sodium cyclamate. Take only on the advice of a physician.

Canada SugarTwin® Granulated White: Maltodextrin, sodium cyclamate 33%. Contains sodium cyclamate. Take only on the advice of a physician.

Canada SugarTwin® Granulated Brown: Maltodextrin, sodium cyclamate 32%, caramel colour, artificial flavours. Contains sodium cyclamate. Take only on the advice of a physician.

Canada Liquid SugarTwin®: Water, sodium cyclamate 10%, benzoic acid, methyl paraben. Contains sodium cyclamate. Take only on the advice of a physician.

http://www.precisionfoods.com/foodservice/abt_info.cfm

Precision Foods is a dry-blending and packaging food company specializing in providing finished products for customers in the foodservice, industrial and consumer products business. We are privately held by Muscatine Foods Corporation located in Muscatine, IA.

PFI excels in providing customized dry blend products to both restaurant chains and industrial accounts. Our customized products vary widely but generally are represented by the following categories: salad dressing mixes, frozen desserts, seasoning blends, stuffing mixes, seasoned rice, and sauces.

Unlike most custom dry blenders, PFI has a facility dedicated to sweet product production and one dedicated to savory product production. This assures our customers that no odor or flavor cross-contamination can occur.

Our highly skilled food scientists can duplicate an existing product in an effort to streamline production or reduce costs, or create a new formula to satisfy a menu need. Our service is unparalleled and proprietary formulations are kept completely confidential.

http://www.precisionfoods.com/foodservice/branded_solutions2.cfm?id=98

Switch to SugarTwin® and pay less for a national brand. SugarTwin® is available in portion control packets for the convenience of your customers and in spoonable white and brown sugar replacements for easy back-of-house measuring and baking.

If you're giving away sweeteners, why pay more for it?

SugarTwin packets are available in saccharin and aspartame formulas in traditional yellow and popular blue packaging.