

**Sweeteners, Good, Bad, or Something even Worse.**

(Part 3)

These are non-calorie sweeteners

**Acesulfame Potassium or Acesulfame K (closely related to Aspartame)**

All aspartame products are about 200 times as sweet as sugar

Also found labeled as:

Additive Code – E950

ACK

Ace K

Equal spoonful (also + aspartame)

Sweet one

Sunett

Acesulfame Potassium (K) was approved for use by the FDA as a safe artificial sweetener in July, 1988. It is a derivative of acetoacetic acid. Unfortunately, several potential problems associated with the use of acesulfame have been raised. They are based largely on animal studies since testing on humans remains limited. The findings showed the following:

Acesulfame K stimulates insulin secretion in a dose dependent fashion thereby possibly aggravating reactive hypoglycemia ("low blood sugar attacks").

Acesulfame K apparently produced lung tumors, breast tumors, rare types of tumors of other organs (such as the thymus gland), several forms of leukemia and chronic respiratory disease in several rodent studies, even when less than maximum doses were given. According to the Center for Science in the Public Interest, it was petitioned on August 29, 1988 for a stay of approval by the FDA because of "significant doubt" about its safety.

**Aspartame-Acesulfame salt**

**Also labeled as:**

TwinSweet (Europe only)

One more form of aspartame with all the same recommendations as above.

**Neotame**

Similar to Aspartame

Made by NutraSweet (a former division of Monsanto and the original manufacturer of aspartame), neotame is 13,000 times sweeter than table sugar, and about 30 times sweeter than aspartame. In the European Union, it is known by the E number E961.

It's based on the aspartame formula—despite the fact that 80 percent of all FDA complaints pertain to adverse reactions from aspartame.

Neotame is essentially aspartame plus 3,3-dimethylbutyl the presence of which ends up reducing the production of phenylalanine, which allegedly makes it safe for those suffering from phenylketonuria (PKU). (Hence neotame does not need to bear a PKU warning label like aspartame.)

Unfortunately, it may actually be an even more potent and dangerous neurotoxin, immunotoxin and excitotoxin than aspartame. Proponents of neotame claim that increased toxicity is of no concern because less of it is needed to achieve the desired effect.

Still, Monsanto's own pre-approval studies of neotame revealed adverse reactions, and there were no independent studies that found neotame to be safe.

My recommendation for neotame is similar to that for aspartame, which is: *avoid it at all costs if you care about your health*. Neotame is like aspartame on steroids, so while you want to avoid both, neotame appears to be more toxic. In and of itself, 3,3-dimethylbutyraldehyde is categorized as both highly flammable and an irritant, and carries risk statements for handling including irritating to skin, eyes and respiratory system.

Does Aspartame or any of its associated products sound like something that belongs inside your body? The choice is totally yours as no one will ever hold you down and force you to eat it. You will eat it willingly if you do not stop and read the label.

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