Sweeteners, Good, Bad, or Something even Worse.
(Part 5)

These are non-calorie sweeteners other than Aspartame

Sucralose

Also Labeled as:
- 1',4,6'-Trichlorogalactosucrose
- Trichlorosucrose
- Equal Sucralose
- NatraTaste Gold
- Splenda

Splenda, also known as sucralose, is an artificial sweetener, which is a chlorinated sucrose derivative. Facts about this artificial chemical are as follows:

Pre-Approval Research

Pre-approval research showed that sucralose caused shrunken thymus glands (up to 40% shrinkage) and enlarged liver and kidneys.

Recent Research

A possible problem with caecal enlargement and renal mineralization has been seen in post approval animal research.

Sucralose Breaks Down

Despite the manufacturer's mis-statements, sucralose does break down into small amounts of 1,6-dichlorofructose, a chemical which has not been adequately tested in humans. More importantly, sucralose must break down in the digestive system. If it didn't break down and react at all (as the manufacturer claims), it would not chemically-react on the tongue to provide a sweet taste. The truth is that sucralose doe's break down to some extent in the digestive system.

Independent, Long-Term Human Research None.

Manufacturer's "100's of studies" (some of which show hazards) were clearly inadequate and do not demonstrate safety in long-term use.

Chlorinated Pesticides

The manufacturer claims that the chlorine added to sucralose is similar to the chlorine atom in the table salt (NaCl) molecule. That is not the case. Sucralose may be more like ingesting tiny amounts of chlorinated pesticides, but we will never know without long-term, independent human research.

Conclusion

While it is unlikely that sucralose is as toxic as the poisoning people are experiencing from Monsanato's aspartame, it is clear from the hazards seen in pre-approval research and from its chemical structure that years or decades of use may contribute to serious chronic immunological or neurological disorders.

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