



Sweeteners, Good, Bad, or Something even Worse.

(Part 7)

These are Low calorie sweeteners - **not** non-calorie sweeteners

Glycyrrhizin

Also labelled as:

- Licorice

Glycyrrhizin (or **glycyrrhizic acid** or **glycyrrhizinic acid**) is the chief sweet-tasting constituent of *Glycyrrhiza glabra* (liquorice) root. It has also been given intravenously in Japan as a treatment for hepatitis C and as an emulsifier and gel-forming agent in foodstuff and cosmetics.

The most commonly reported side effects are: Headache, Paralysis, Transient visual loss, Torsades de pointes, Tachycardia, Cardiac arrest, Hypokalaemia, Reduced testosterone, Premature birth, Acute kidney failure, Muscle weakness, Myopathy, Myoglobinuria, Rhabdomyolysis, Increased body weight.

Tagatose

Also labeled as:

Natrulose

From the manufacturers web page.

- It looks like sugar, tastes like sugar, cooks like sugar... well technically, it is sugar. But it's sugar with almost no calories. It's 100-percent natural - not synthesized, unlike other "sweeteners" that are chemically synthesized or derived from sugar, Tagatose is a naturally occurring sugar. And SPHERIX has discovered and patented a way to make it available for use as a food additive as well as for a variety of other uses.
- It's Tagatose, the only sweetener that tastes, looks, feels, and performs like table sugar. Tagatose can supply a major need for baked goods, ice cream, chocolates, chewing gum, and other food products that can't be met by low bulk of high-intensity sweeteners. And it's safe, with over ten years of safety research and numerous consultancies and world-renowned scientists reviewing the product. Scientifically known as D-tagatose, Tagatose occurs naturally in some dairy products and other foods. Our patented production process starts from whey, a dairy by-product. Tagatose has been determined to be a Generally Recognized As Safe (GRAS) substance in the U.S., with the FDA affirming the green light for the product with its "no objection" opinion, permitting its use in foods and beverages. Tagatose has also been determined GRAS for use in cosmetics and toothpastes, as well as in drugs.

Tagatose is a left handed sugar so the body has a very difficult time digesting this sugar so there are only about one third the calories in tagatose as in table sugar. Since it is not a non-calorie sweetener it does not have the same toxic effects as the typical non-calorie sweeteners. The studies did, however, find that patients who consumed large amounts of tagatose experienced gastrointestinal distress, including diarrhea, nausea and flatulence. The intestinal problems apparently result because most tagatose passes through the digestive tract without being absorbed -- a key reason why it's lower in calories.

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