Splenda® ZERO CALORIE SWEETENER

AMERICA'S FAVORITE SWEETENER

FAQs About Splenda® Brand Sweeteners

Aren't all sweeteners the same?

No! Splenda Brand Sweeteners have been voted best-tasting by consumers and are the #1 Recommended Sweetener Brand by healthcare professionals.*

Splenda Stevia is made from the best tasting part of non-GMO stevia plant leaves and erythritol — two 100% natural ingredients.

Splenda Original is made with sucralose from a process that starts with sugar. It does NOT contain aspartame or saccharin.

How do I know Splenda Products are safe?

The U.S. Food and Drug Administration (FDA) regulates low-calorie sweeteners through established, rigorous processes to meet the FDA standard of safety – Splenda Original (sucralose) is approved through the Food Additive Approval Process and Splenda Stevia is approved through the Generally Recognized As Safe (GRAS) process, since it's a natural sweetener.[1]

Whether the low-calorie sweetener is evaluated as a Food Additive or GRAS ingredient, it is allowed for use by the entire population, including children, pregnant and lactating women, and people with diabetes.

I heard that using Splenda causes weight gain, diabetes, and cravings for sweet foods – is that true?

That is not true. Actually, recent studies have shown that enjoying sweet-tasting products could in fact decrease the want for additional sweets while also adding variety and flavor to foods and beverages, helping people manage weight, reduce intake of calories from added sugars, and manage blood sugar levels.[2] Randomized Clinical Trials also show that low-calorie sweeteners can help people lose weight and can be useful for people managing diabetes.[3, 4, 5]

Will using Splenda impact my gut function?

No. A recent comprehensive review, conducted by experts in both gut microbiome and food ingredient safety research, found no evidence of any negative effects on gut health from the use of low and no calorie sweeteners. The investigation found "clear evidence that changes in the diet unrelated to low or no calorie sweetener consumption are likely the major determinants of change in gut microbiota numbers and phyla."[6]

* Among healthcare professionals clinically treating patients. **1.** Roberts, A. (2016). The safety and regulatory process for low-calorie sweeteners in the United States. Physiology & Behavior. 164, Part B, 439-444. **2.** (2019) Low Calorie Sweeteners and Sweet Taste. Calorie Control Council. Retrieved from: https://caloriecontrol.org/sweet-taste/ **3.** When used in place of sugar; Rogers PJ, Hogenkamp PS, de Graaf C, et al. (2016) Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. Int J of Obes 40(3), 381-394. **4.** Johnson C, Stevens B, Foreyt J et al. (2013) The Role of Low-calorie Sweeteners in Diabetes. Eur Endocrinology 9(2); 96-98. **5.** Rogers PJ. The role of low-calorie sweeteners in the prevention and management of overweight and obesity: evidence v. conjecture. Proc Nutr Soc, 2017 Nov;23:1-9. **6.** Lobach, A. R., Roberts, A., & Rowland, I. R. (2018). Assessing the in vivo data on low/no-calorie sweeteners and the gut microbiota. Food and Chemical Toxicology, 124, 385-399.