

# The Research on Sucralose Says:



## SUCRALOSE IS SAFE

Sucralose has been the subject of extensive safety testing, backed by more than 20 years of research and over 100 studies.<sup>1</sup> Its safety is well-documented, and FDA, along with other health authorities from around the world, have concluded it is safe.<sup>2</sup> It has been used throughout the world by millions of people since 1991.



## SUCRALOSE DOES NOT CAUSE CANCER

Sucralose has been proven to be safe, with no link to cancer.<sup>3</sup> The U.S. Food and Drug Administration, the European Food Safety Authority, Health Canada, the World Health Organization and the U.S. National Cancer Institute support this conclusion. According to the U.S. National Cancer Institute and the American Cancer Society, studies of FDA-approved sweeteners have not shown a link to cancer in humans.<sup>4,5</sup>



## LCS DO NOT CAUSE WEIGHT GAIN

A meta-analysis found that “taken together there is little evidence from these studies to conclude that LES [low energy sweeteners] increase the risk of [body weight] gain or obesity.”<sup>6</sup> In fact, LCS are a useful dietary tool in weight loss and maintenance plans.<sup>7</sup>



## LCS DO NOT AFFECT GUT FUNCTION

Using LCS will not cause changes in gut hormones or in the gut microbiota to cause an effect on either appetite or blood glucose levels.<sup>8-10</sup> Sucralose, in particular, is not metabolized in the gastrointestinal tract<sup>9</sup>, which shows that it neither is used by the gut microbiota, nor leads to any metabolic products to possibly influence gut microflora growth or population types.



## LCS DO NOT INCREASE APPETITE FOR SWEETS

Studies have shown that sweet taste does not determine how much is eaten habitually.<sup>11,12</sup> In addition, “randomized trials in children and adults suggest that use of Low Energy Sweeteners tends to reduce rather than increase the intake of sugar-containing foods and to facilitate, rather than impair, weight loss.”<sup>11</sup>



## LCS DO NOT RAISE BLOOD GLUCOSE LEVELS

LCS do not cause sudden spikes in blood glucose levels and “consumption of foods containing low calorie sweeteners instead of sugar induces a lower blood glucose rise after their consumption compared to sugar-containing foods.”<sup>13</sup>

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4. National Cancer Institute, National Institutes of Health. Do Artificial Sweeteners Cause Cancer? Posted 2014 at: <http://www.cancer.gov/about-cancer/causes-prevention/risk/myths>

5. American Cancer Society: Guidelines on Nutrition and Physical Activity for Cancer Prevention and Physical Activity for Cancer Prevention at: <http://www.cancer.org/healthy/eathealthygetactive/acsguidelinesonnutritionphysicalactivityforcancerprevention/acs-guidelines-on-nutrition-and-physical-activity-for-cancer-prevention-common-questions>

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