

More FAQs

The AminoSweet® Information Service provides the answers to frequently asked questions about how the sweetener can be a healthy part of your diet. Click on a question to show/hide its answer.

How sweet is AminoSweet?

AminoSweet is approximately 200 times sweeter than sugar and as a result only very small quantities are required to ensure an excellent sweet taste. A can of soft drink sweetened with sugar contains between 100 and 150 Calories, compared to only one or two Calories in a can of soft drink sweetened with AminoSweet®.

What are the benefits of AminoSweet?

AminoSweet is the ideal alternative to sugar with virtually no Calories. It is of special benefit to diabetics and slimmers, as well as for all of us who want to maintain a well-balanced healthy diet. In addition, since it is sugar-free, AminoSweet can make an important contribution to good dental health.

Is AminoSweet safe for everyone?

Aspartame is one of the most thoroughly tested ingredients in our food supply. It has been approved by health and regulatory authorities in 100 countries. Numerous organisations, including experts of the World Health Organisation and the United Nations Food and Agriculture Organisation, the European Union's Scientific Committee for Food, and the United States Food & Drug Administration have approved the use of aspartame in food and drinks. AminoSweet® is safe for the general population, including pregnant women and nursing mothers, children, diabetics and slimmers.

How is AminoSweet used?

AminoSweet is one of the most widely used sweetening ingredients in the world. Products sweetened with AminoSweet® make an enjoyable contribution to a healthier diet. For example, by using table-top sweeteners to sweeten hot and cold drinks, such as tea, coffee and home made lemonade, you can reduce both your calorie and carbohydrate intake. Products sweetened with AminoSweet can also be used in the preparation and creation of low-calorie savoury and sweet dishes which can be made at home.

Why do products which contain AminoSweet® have the label 'Contains a source of phenylalanine' on the packaging?

Phenylalanine is an essential amino acid (that is, an amino acid which our bodies cannot make and which we must obtain from our diet). It is also one of the amino acids which is used to make aspartame. Phenylalanine is found in all protein-containing foods including milk, cheese, eggs, meat and fish.

Products which contain aspartame have a label which says 'Contains a source of phenylalanine'. This label is there to help people with a rare inherited genetic disorder called phenylketonuria (PKU). These people cannot metabolise phenylalanine from any source and need to follow a strict diet to control their intake of this amino acid. The disorder affects approximately 1 in 10,000 babies, and is identified by screening shortly after birth.