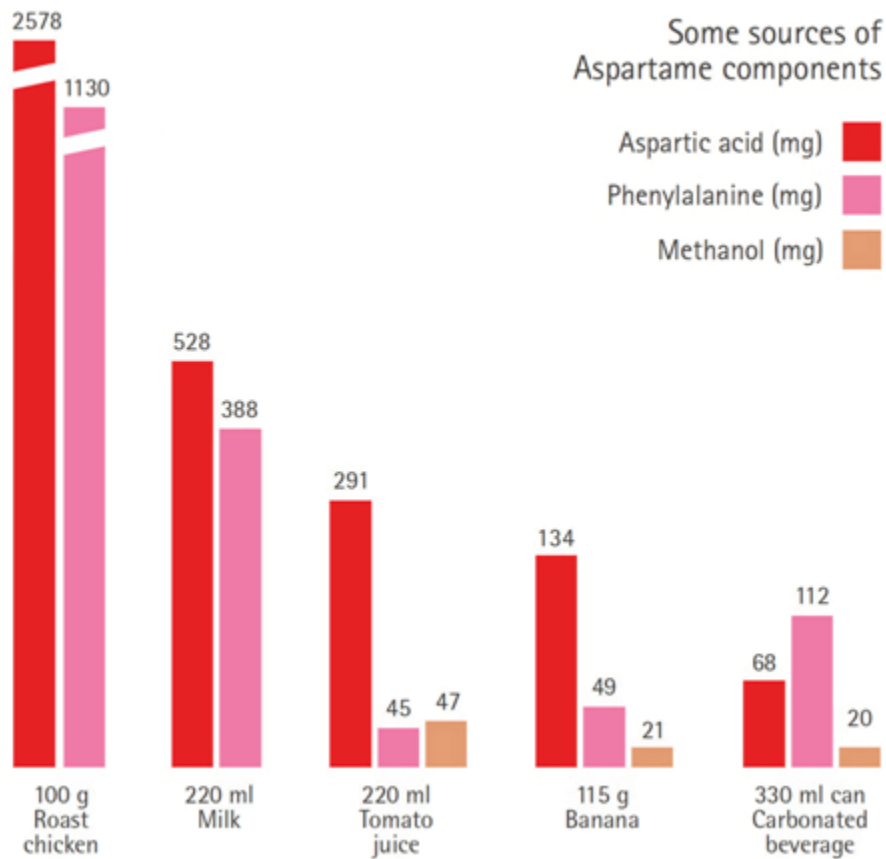


## Aspartame - the most thoroughly researched ingredient in our food supply

The large number of studies on aspartame made available to the European Food Safety Authority (EFSA), a full list of which has been published today, underlines the very significant body of science which supports the sweetener's safety.

Made from two amino acids, aspartame is digested, just like other proteins, to its component parts, all of which occur in foods we consume as part of our daily diet.



To quote the Scientific Committee on Food, EFSA's predecessor: "*Aspartame is unique among the intense sweeteners in that the intake of its component parts can be compared with intakes of the same substances from natural foods. It is clear that the consumption of aspartame represents only a minor source of aspartic acid, phenylalanine or methanol in the diet.*"

SCF Opinion - Update on the Safety of Aspartame December 2002

The extensive body of the science on aspartame has been reviewed by regulatory authorities around the world, all of which have concluded that aspartame is safe. In Europe, where aspartame has a history of more than 25 years safe use, aspartame was reviewed and found to be safe by the Scientific Committee on Food in 1984, 1988, and 2002. In addition, EFSA reconfirmed the safety of aspartame in 2006, 2009, 2010 and 2011.

