Aspartame

Over the past 30 years, people have questioned the safety of the artificial sweetener aspartame. The most common concern is whether it is a neurotoxin. A neurotoxin is a substance that adversely affects the nervous system. The Food and Drug Administration has issued statements about it. These say that aspartame does not pose a threat to the general population.

SYMPTOMS

Some people may be sensitive to aspartame. Their symptoms may include:

- Headache.
- Fatigue.

TREATMENT

There is no standard treatment for side effects due to aspartame use.

- People who have experienced side effects from the sweetener should avoid products that contain it.
- Pregnant women are advised to ingest only small amounts of the sweetener.
- People with a rare, inherited metabolic disease called *phenylketonuria* should not use any products that contain aspartame.

RESEARCH BEING DONE

Researchers are investigating whether aspartame has any adverse effects on health. They are also exploring the effects of other additives and contaminants. They want to find out how these affect our health and well-being.

Research is continually being done to learn more about this problem.

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