

Aspartame Docket # 02P-0317

*Does aspartame cause changes in mood, thought processes or behavior?*

No. Well controlled scientific studies, conducted by behavioral experts at a number of respected academic centers, including the Massachusetts Institute of Technology (MIT), Harvard Medical School, and Yale Medical School, demonstrate that aspartame has no effects on mood, behavior, or cognition, including memory loss.

In 1998, scientists at MIT's Clinical Research Center conducted a study, which concluded that aspartame is safe for the general population:

Despite the high consumption of aspartame, the 48 normal subjects showed no changes in mood, memory, behavior, electroencephalograms (which record the electrical signals of the brain) or physiology that could be tied to aspartame. Although some subjects reported headaches, fatigue, nausea and acne, the same number of incidences were reported by subjects taking placebo and sugar as those taking aspartame.”

Dr. Spiers, the study's author, notes that these findings support the results of another recent study with preschool and elementary age children that discovered no effect on their moods, activity levels, behavior or thinking after they consumed high doses of aspartame.

For more information regarding MIT and its assessment of the safety of aspartame, please visit:

<http://web.mit.edu/newsoffice/1998/aspartame-0916.html>

For your convenience and reference this information has been attached in PDF form.

Respectfully submitted,

Lyn O'Brien Nabors  
Executive Vice President  
Calorie Control Council  
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