

Aspartame Docket #02P-0317

Does aspartame cause allergic reactions?

No. Although some people have made claims that aspartame causes food allergies, the Asthma and Allergy Foundation of America's web sites states:

“Aspartame (NutraSweet) is a calorie-free sweetener. Most reported reactions include "hives," swelling of the eyelids, lips or hands and headaches. But these reactions have not been verified. People who have a problem breaking down the amino acid, phenylalanine, should not consume aspartame. Some claim the product also causes hyperactivity in children, but study results do not support these claims.

The Asthma and Allergy Foundation of America is dedicated to helping those with asthma and allergies improve their quality of life through education, advocacy and research. This health group affirms that aspartame is a safe and inert food ingredient, causing no verified allergic reactions in consumers.

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

Respectfully submitted,

Lyn O'Brien Nabors
President
Calorie Control Council
January 9, 2006