

Aspartame Docket #02P-0317

Is there a relationship between aspartame and Alzheimer's disease?

No. In dispelling myths about Alzheimer's disease, the Alzheimer's Association concluded,

“Several studies have been conducted on aspartame's effect on cognitive function in both animals and humans. These studies found no evidence of a scientific link between aspartame and memory loss.”

In addition, the Alzheimer's Association notes that aspartame is created by joining aspartic acid and phenylalanine (two protein components), with 10 percent methanol, a substance widely found in fruits, vegetables and other plant foods. In fact, a glass of tomato juice provides six times as much methanol as a similar amount of a beverage sweetened 100 percent with aspartame. The body handles the components from aspartame in the same way it handles them when derived from other foods. Therefore there is no physiological reason why aspartame would cause memory loss or other adverse health effects.

The Alzheimer's Association, the world leader in Alzheimer research and support, is the first and largest voluntary health organization dedicated to finding prevention methods, treatments and an eventual cure for Alzheimer's.

For more information regarding the Alzheimer's Association and its assessment of the safety of aspartame please visit: <http://www.alz.org/AboutAD/Myths.asp>.

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

Respectfully submitted,

Lyn O'Brien Nabors
Executive Vice President
Calorie Control Council
October 17, 2005