



## Top 10 Myths about Sweet'N Low Dispelled

### **Is Sweet'N Low® safe?**

Yes. The scientific evidence clearly demonstrates the safety of Sweet'N Low. Leading health organizations including the World Health Organization, the American Cancer Society, the American Diabetes Association and the American Dietetic Association all acknowledge saccharin's safety and support its continued availability. Saccharin has been used by people for over 100 years with no documented ill effects. The scientific evidence including animal studies and epidemiological (human) data are the reason for the confidence of leading experts around the globe to support Sweet'N Low's safety.

### **How is saccharin digested in the human body?**

Saccharin is not metabolized in the human body; it is excreted unchanged from the body. Consequently, in its pure form, it does not contribute any calories or carbohydrate.

### **Does Sweet'N Low cause any side effects? Upset stomach? headaches/migraines?**

No. There are no proven studies or research that show saccharin is a direct cause of migraines, headaches or an upset stomach. In fact, there are no documented studies showing any side effects in humans.

### **Does Saccharin have any effect on the liver? Kidneys?**

No. Sweet'N Low has been consumed safely for more than 100 years with no documented ill effects.

### **Does saccharin cause cancer in humans?**

Extensive research has time and time again affirmed the sweetener's safety. The evidence in support of saccharin's safety includes more than 30 human studies, one of which was

conducted by the National Cancer Institute and involved over 9,000 individuals. Today, health experts overwhelmingly affirm the sweetener's safe use in humans.

### **Will using saccharin lead to increased sugar cravings?**

Our preference for sweet taste is largely innate, meaning programmed from birth by our genes. This preference is also affected by age, environment and exposure. Evidence from human studies on zero-calorie sweeteners conducted by numerous reputable scientific organizations show that saccharin has not been proven to have any negative effects on humans, nor does it have any adverse effects on blood glucose control or increased risk of obesity.

### **Can Sweet'N Low assist in weight management?**

For close to 60 years, Sweet'N Low has been helping millions of people worldwide manage their sugar and carbohydrate intake. Replacing sugar with Sweet'N Low has proven to help with significant calorie savings and is a great added-sugar reduction and weight management tool. One little pink packet is as sweet as about 2 teaspoons of sugar so very little is needed to deliver the sweetness you love in all your favorite foods and beverages.

### **Is Sweet'N Low safe for children and pregnant women?**

Yes. Since saccharin is not metabolized in the body, it remains unchanged and has no effect on children, pregnant women or adults. However, because women are advised to control and monitor their diet during pregnancy we recommend consulting your physician on the role Sweet'N Low can play in your diet.

### **Is there coal tar or petroleum in Sweet'N Low?**

There is absolutely no coal tar, nor petroleum, in either saccharin or Sweet'N Low. Saccharin was discovered by a scientist that happened to be working on a coal tar project, but coal tar itself is not an ingredient in saccharin, nor Sweet'N Low. Saccharin is one of the most thoroughly tested food ingredients in the world and has the longest history of safe human consumption among non-nutritive sweeteners.

### **What is the difference between Sweet'N Low and other sweeteners?**

The main sweetening ingredient in Sweet'N Low, saccharin, is about 400 times sweeter than sugar. Aside from being the longest on the market and with the longest human history of use, Sweet'N Low is a very stable sweetener. This means it doesn't breakdown when exposed to heat or light and it is not metabolized in the human body. It can be used in a wide variety of foods, and beverages and you can even cook with it.