World Health Organization
Reaffirms the Safety of Aspartame

“Aspartame is one of the most studied food additives in the human food supply. FDA scientists do not have safety concerns when aspartame is used under the approved conditions.”
– Food and Drug Administration (FDA), July 13, 2023

AFTER A COMPREHENSIVE & RIGOROUS REVIEW, THE WORLD HEALTH ORGANIZATION FINDS ASPARTAME IS SAFE

- Aspartame is safe. After a rigorous review, the World Health Organization finds aspartame is safe and “no sufficient reason to change the previously established Acceptable Daily Intake.”
- The strong conclusion of the WHO reinforces the position of the FDA and food safety agencies from more than 90 countries, including Health Canada, UK Food Standards Agency, European Food Safety Authority, Food Safety Commission of Japan and Food Standards Australia New Zealand.
- The FDA has reviewed aspartame six times since 1981 and each time found it to be safe. The reviews occurred under both Republican and Democratic commissioners, most recently in 2021.
- More than 100 studies and reviews conducted by over 200 scientists over 40 years confirm that aspartame is safe.

THE FDA AND REGULATORY AGENCIES AROUND THE WORLD CONTINUE TO AFFIRM THE SAFETY OF ASPARTAME

- In July 2023, the FDA again publicly confirmed the safety of aspartame, saying it is “one of the most studied food additives in the human food supply. FDA scientists do not have safety concerns when aspartame is used under the approved conditions.” The FDA “disagrees with IARC’s conclusion that these studies support classifying aspartame as a possible carcinogen to humans.”
- Other countries reiterated their conclusions that aspartame is safe in the lead up to the WHO ruling: the United Kingdom, Ireland, Australia, New Zealand, Norway, Romania and the Republic of Korea.

PEOPLE CAN MOVE FORWARD WITH CONFIDENCE THAT ASPARTAME IS A SAFE CHOICE, ESPECIALLY FOR ANYONE LOOKING TO REDUCE SUGAR AND CALORIES IN THEIR DIETS

- Aspartame is used in a wide variety of food and beverage products, including chewing gum, nutrition bars, sugar-free puddings, gelatin, salad dressing and common medicines.
- Low- and no-calorie sweeteners like aspartame give people safe food and beverage choices to reduce sugar and calorie consumption and the risk of diet-related diseases.
- In fact, today nearly 60% of all beverages sold contain zero sugar, thanks in part to aspartame, and that number is expected to rise.
- The WHO’s definitive conclusion that aspartame is safe plus its long, consistent safety record are reasons to keep these products available so people who want safe choices have them.

WHO/JECFA IS THE APPROPRIATE BODY TO MAKE AN INFORMED PUBLIC HEALTH DECISION ABOUT ASPARTAME

- WHO/JECFA is a food safety agency - the global equivalent of the FDA. WHO/JECFA conducted a comprehensive and rigorous review that assessed the risk to human health.
- The safety of our products is our highest priority. The purpose and expertise of food safety agencies is to ensure safety over time. WHO/JECFA has done this comprehensively and rigorously with aspartame finding it safe.
- WHO/JECFA considered the totality of evidence for all potential health outcomes and gave appropriate weight to high-quality evidence.
- The FDA said in a letter that WHO/JECFA is “better suited to assess any risk associated with the consumption of aspartame because it considers all relevant toxicological endpoints, including carcinogenicity.”

Learn more at: www.SafetyofAspartame.com