

The Good, The Bad, & The Ugly:
A Bittersweet Research About Artificial Sweeteners¹ Part 3
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The Potential Dangers of Sweet'N Low™



USE OF THIS PRODUCT MAY BE HAZARDOUS TO YOUR HEALTH. THIS PRODUCT CONTAINS SACCHARIN WHICH HAS BEEN DETERMINED TO CAUSE CANCER IN LABORATORY ANIMALS.

INGREDIENTS: Nutritive Dextrose, 3.6% **Calcium Saccharin** (36 mg per packet), Cream of Tartar, Calcium Silicate (an anti-caking agent).

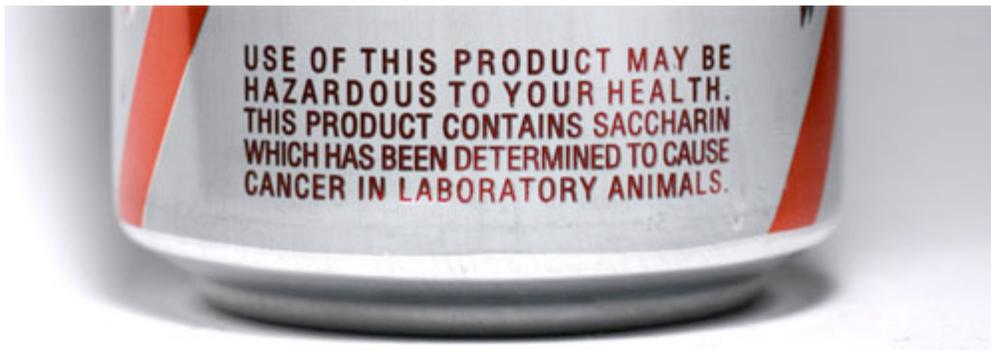
Saccharin: $C_7H_5NSO_3$, white, crystalline, aromatic compound. It was discovered accidentally by I. Remsen and C. Fahlberg in 1879. Pure saccharin tastes several hundred times as sweet as sugar. It is not readily soluble in water, but its sodium salt, which is sold commercially, dissolves readily. Saccharin has no nutritional value and is excreted unchanged by the body. It is used as a sweetener by persons who must limit their consumption of sugar. Despite the fact that saccharin causes cancer in laboratory rats, its ban was rescinded after a public outcry. In 1984, the World Health Organization suggested an intake limit of 2.5 mg/day per kg bodyweight.

Saccharin (saccharine or saccharin) is well-known synthetic sugar supplement and a low calorie artificial sweetener. It's 500 times sweeter than sugar and calorie-free. It goes directly through the human digestive system without being digested and was very important for diabetics!

The “**dark side**” of saccharin has been presented in some scientific studies and concerns during 20th century, proving that saccharin might be an animal carcinogen?!?

¹ As retrieved 3/21/07 and 4/5/07 from <http://www.mercola.com>; <http://www.perfectlyhealthy.net>; <http://www.encyclopedia.com/doc/1E1-sacchari.html>; <http://www.gwally.com/gallery/000392.php>; www.steadyhealth.com (Italics mine); and www.foodanddiet.com

Concern peaked in 1977, after the publication of a study indicating an increased rate of bladder cancer in rats fed large doses of saccharin. In that year, Canada banned saccharin. The United States Food and Drug Administration also proposed a ban. At the time, saccharin was the only artificial sweetener available in the U.S., and the proposed ban met with strong public opposition (*most likely a lobby group for big business, etc.*), especially among diabetics. Eventually, the U.S. Congress placed a moratorium on the ban, requiring instead that all saccharin-containing foods display a warning label indicating that saccharin may be a carcinogen. In 1991, after fourteen years, the FDA formally withdrew its 1977 proposal to ban the use of saccharin, and in 2000, the U.S. Congress repealed the law requiring saccharin products to carry health warning labels (picture below – diet soda can).



Review

Saccharin is the oldest known sugar substitute. It is used in diet soft drinks, sold in packets for use in tea and coffee, and sold in shaker containers to sweeten berries and cereal. Almost everyone over the age of 20 has used it at least once. The above warnings were the result of studies conducted by the FDA that showed **long-term use of saccharin** was related to bladder cancer. In 1978 and 1979, the National Cancer Institute conducted a study that concluded that heavy use of saccharin was related to cancer of the bladder. Heavy use was defined by the National Cancer Institute as consuming two or more 8-ounce servings of a diet drink per day or six or more servings of sugar substitute per day (*the little pink packets*). Unfortunately, the substitutes for saccharin are worse than anything the studies revealed about saccharin. In fact, aspartame (*Nutrasweet and Equal*) and sucralose (*Splenda*) should be avoided in favor of saccharin (the best of the three potential evils) if you must consume artificially sweetened foods and drinks.

The (Not So) Good – Sweet N Low’s Saccharine
The Bad – Equal’s Aspartame
The Ugly – Splenda’s Sucralose