

Aspartame - the silent killer

Aspartame is marketed as NutraSweet, Equal Spoonful, Benevia, NatraTaste and since the patent on it has now expired it likely will come on the market under many different names.



Undoubtedly you have heard that Aspartame is a safe sweetener and people use it to loose weight. Unfortunately that information is criminally false and misleading. You can find out more about how public relations firms shape and manipulate the public's beliefs on the "[Why you believe what you believe](#)" page.

Aspartame is made of 3 components, 50% phenylalanine, 40% aspartic acid and 10% methanol (wood alcohol). In the body methanol breaks down into formaldehyde (embalming fluid) and formic acid.

Aspartame banned in Europe for children's products

On the European Common Market, Aspartame is banned for all children's products. Why is this not the case in Canada and the U.S.? Because Monsanto - which owns the NutraSweet Company which manufactures Aspartame - pays off the FDA, the American Medical Association, The American Dietetic and Diabetic Associations, Congressmen and Senators and virtually anyone who gets in the way, and in other countries too. The Canadian Broadcasting Corporation caught them red handed and aired a program where Monsanto was trying to bribe Canadian Doctors at Health Canada.

More on the Monsanto company: Monsanto is the world's largest manufacturer of poisons, not only of the citizens of the world but also of the environment. In 1995, Monsanto ranked 5th among US corporations in the EPA's Toxic Release Inventory, having discharged 37 million pounds of toxic chemicals into the air, land, [water](#) and underground.

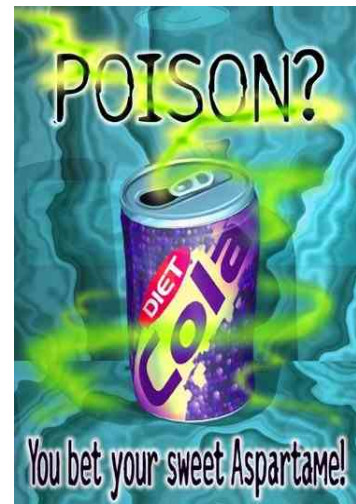
Responsible for mass poisoning of the world. How Robert B. Shapiro, President and CEO of Monsanto and the other members of the board, many of whom call themselves "Doctors" can live with themselves, knowing what they and the company are responsible for is

incomprehensible. The entire lot should be prosecuted for mass genocide. Their track record of plain lying, falsifying and concealing data, bribery of officials, and the list goes on, is truly astonishing.

To quote the Toronto Globe and Mail reporting on the outcome of a three year trial, "The evidence of Monsanto's executives at the trial portrayed a corporate culture where sales and profits were given a higher priority than the safety of products and its workers..... They just didn't care about the health and safety of their workers. Instead of trying to make things safer, they relied on intimidation and threatened layoffs to keep their employees working".

Aspartame contains 10% methanol

NutraSweet (Aspartame) is composed of linkages of aspartic acid, phenylalanine and methanol. The aspartic acid acts as a neuroexcitatory agent. When NutraSweet is digested, it yields 10% methanol (wood alcohol). The wood alcohol (methanol) is widely distributed throughout the body including brain, muscle, fat and nervous tissue. It is then metabolized to FORMALDEHYDE which enters the cells and binds to the proteins and DNA (the genetic material).



Cytogenetic effects (changes in DNA) have been shown to result from FORMALDEHYDE exposure and DNA damage occurs from FORMALDEHYDE. The nature of the injury generally involves breaking and then creation of cross linking within the genetic material which alters the cells.

This finding has been confirmed numerous times and the DNA-protein-cross-links are believed to cause [cancers](#) in experimental animals. Changes in the genetic material is associated with cancer production in humans. The ability of Aspartame to cause cellular mutations has been shown through studies by Shephard, et al. There are increases in malignant brain tumors suggested to be associated with aspartame use. FORMALDEHYDE is a known stimulant for [cancer](#) and genetic damage in the cell.

THE FDA has admitted that only approximately 1% of people know how to, or do, file complaints with them. Under a recent Freedom of Information order the FDA admitted that aspartame accounted for over 75% of complaints filed. They claimed that over 8000 were filed, but they keep changing their bookkeeping to keep the numbers low. The fact that 8000 reports were received indicates that there must have been over 800,000 people adversely affected at the very least.

An average person's daily intake of methyl alcohol from natural sources averages less than 10 mg (1). Aspartame beverages contain 55 mg methanol per liter, and nearly double as much in some carbonated orange [sodas](#). Persons ingesting 5 liters/day can therefore consume over 400 mg methanol. These facts are pertinent:

- Methyl alcohol is probably the first component of aspartame released within the small intestine, and is rapidly absorbed. Blood and methanol concentrations correlate with aspartame intake. "Abuse doses" (100 mg/kg or more) ingested by normal subjects significantly elevate blood methanol concentrations, remaining detectable for 8 or more hours (2).
- Humans are more vulnerable to the toxic effects of methanol than animals because several enzymes required for its metabolism have been lost during evolution and are not present in humans.
- The toxicity of methanol is enhanced by its slow rate of oxidation — only 1/7 that of ethyl alcohol — occurring mainly in the liver and kidneys. Even though the half life in human volunteers ingesting small amounts (1-5 ml) is about 3 hours, complete oxidation to carbon dioxide usually requires several days.
- The body attempts to detoxify methyl alcohol by oxidizing it to formaldehyde (a deadly neurotoxin and Class A carcinogen), and then to formate or formic acid within minutes. Formate and formaldehyde each may contribute to toxicity and nervous system/immune dysfunction through various mechanisms. One is the conjugation of formaldehyde with human serum albumin (F-HSA) to form a new antigenic determinant. Patients with multiple health complaints who had been exposed chronically to formaldehyde develop anti F-HSA antibodies and elevated T_H1 cells (antigen memory cells), consistent with sustained antigenic stimulation of the [immune system](#) (3).

Is Aspartame causing some of your health problems?

There is a very simple way to ascertain whether or not this poisonous drug is causing your problem(s). Stop ALL intake of Aspartame (anything with Monsanto's NutraSweet, Equal, Spoonful, Benevia, NutraTaste) in it. READ LABELS. Have your pharmacist check all your medications, Aspartame is in many drugs. This poison is in over 9000 items including most Children's Vitamins, Children's Tylenol, Alka Seltzer, Toothpastes (my favorite source for quality toothpaste products which don't contain harmful ingredients can be found [here](#)), Metamucil etc.. Often it is only mentioned on the paper inside the carton.

Aspartame contains METHANOL, a serious metabolic poison. Your body converts it to formaldehyde (embalming fluid) and formic acid (ant sting poison) both of which attack your central nervous system and every organ of your body.

1. Monte WC. Aspartame: Methyl alcohol and the public health. J Appl Nutr 1984; 36:42-54.
2. Stegink ID, Filer LJ Jr. Aspartame: Physiology and Biochemistry. New York, Marcel Dekker, Inc. 1984.
3. Thrasher JF, Broughton A, Micevich P. Antibodies and immune profiles of individuals occupationally exposed to formaldehyde. Six case reports. Am J Indust M 1988; 14:479-488.

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