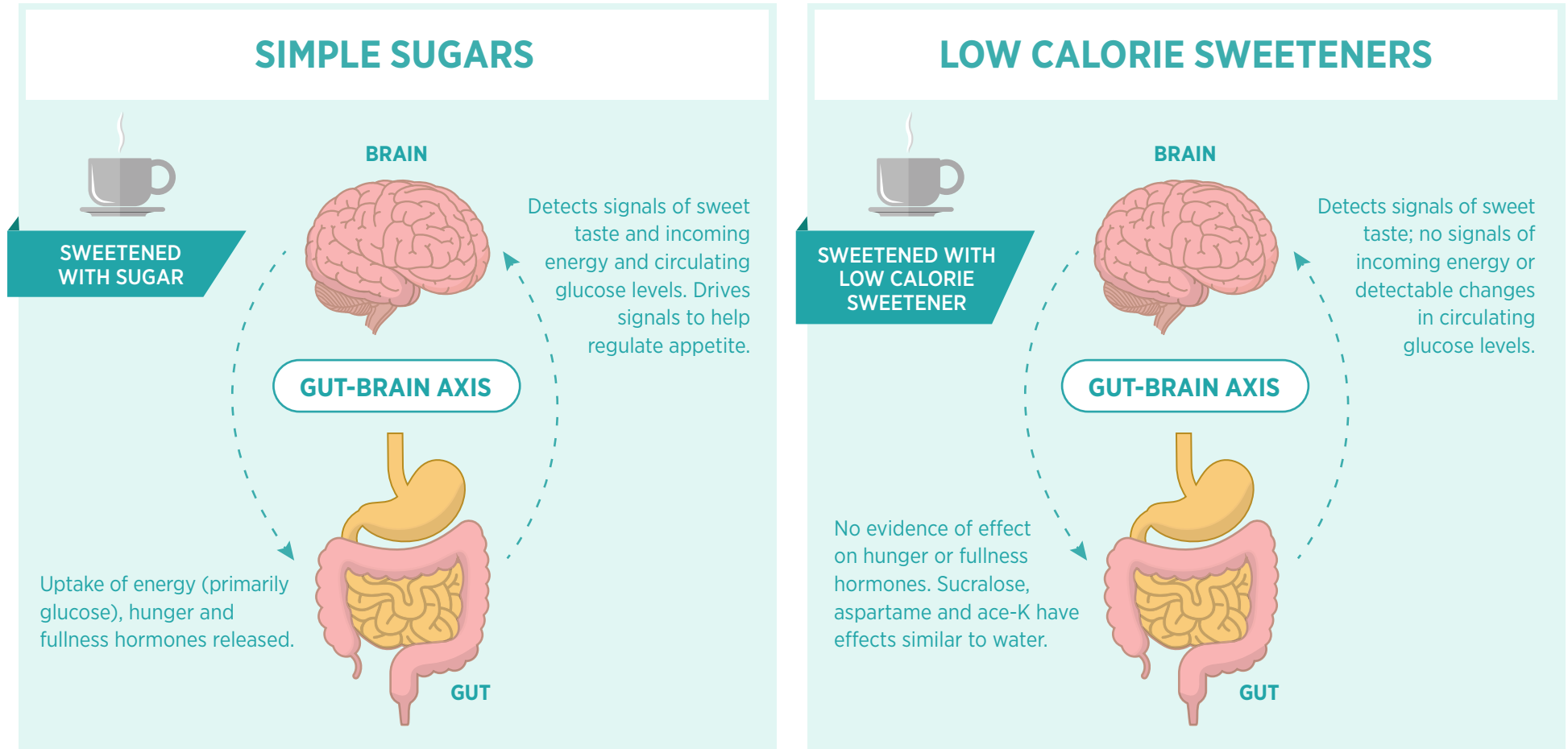


Evidence Suggests **Low Calorie Sweeteners** Don't Trigger Hormones Involved in Appetite Control– **They Just Taste Sweet**¹

- The gut-brain axis is a continuous cycle that helps regulate our desires for food.
 - BRAIN:** Controls appetite, hunger cues, desire to eat.
 - GUT:** Releases hormonal triggers that help to regulate nutrient metabolism and signaling to the brain for appetite response.
- Research supports low calorie sweeteners have no effect on gut function or hormones to affect the gut-brain axis in controlling food intake.



¹The authors note that the data in humans is from mostly short-term studies, which may limit the findings, but conclude that “evidence remains lacking for effects [of LCS] on human gut function,” specifically noting a lack of evidence of effects on “gastric motility, gut hormones or appetitive responses.”