

Responses for Possible Patient Questions

What is SPLENDA® made from?

SPLENDA® Stevia is made from the best tasting part of non-GMO stevia plant leaves and erythritol—two 100% natural ingredients.

SPLENDA® Original is made with sucralose from a process that starts with sugar. It does NOT contain aspartame or saccharin.

Is SPLENDA® safe?

Yes! SPLENDA® products are absolutely safe and have been used by millions of people around the world since 1991. The FDA reviewed over 110 scientific studies before approving the use of sucralose, and worldwide authorities—including the FDA, FAO/WHO, EFSA, and Health Canada—have all concluded sucralose and stevia are safe to use.⁴⁻⁷

Misconceptions about the safety of sweeteners are often fueled by media headlines from select, poorly designed and controversial studies. Understanding the safety of low calorie sweeteners requires diligent review of all the data, including how well studies are conducted and designed. Some research, called observational studies, commonly misrepresents correlations as a cause, however these types of studies cannot prove cause and effect.

Similarly, some research draws conclusions about possible human health outcomes based solely on small studies in animals given extremely high doses of low calorie sweeteners—doses that people would never encounter. Drawing conclusions from such studies, in isolation, is both inappropriate and a major reason for negative headlines about low calorie sweeteners.

In contrast, studies that directly test effects in people, also called Randomized Clinical Trials (RCTs), show that the use of low calorie sweeteners is safe, and through evaluating the totality of data, leading health authorities worldwide have consistently upheld that low calorie sweeteners are safe.³⁻⁶

Will SPLENDA® make my blood sugar levels increase?

No. Unlike sugar, low or no calorie sweeteners, like SPLENDA®, do not impact blood sugar levels,² making it an ideal choice for people with diabetes or pre-diabetes.

Does SPLENDA® cause weight gain, hunger, or other health issues like diabetes?

No, in fact, people commonly use low calorie sweeteners to help lose weight, manage diabetes, and to live a healthier lifestyle. Research proves that low or no calorie sweeteners, like SPLENDA®, do not increase hunger, appetite

for sweet foods, or result in overeating, weight gain, or obesity.^{8,9,10} Both the American Diabetes Association (ADA) and the Academy of Nutrition and Dietetics (AND) conclude that the use of low or no calorie sweeteners has the potential to reduce overall calorie and carbohydrate intake if substituted for caloric sweeteners.

While misconceptions exist in the media and online regarding the speculation that low calorie sweeteners might cause weight gain or diabetes, these reports have largely been based on observational studies—which cannot prove cause and effect. For example, a study may show a correlation between the use of low calorie sweeteners and weight gain or diabetes, but this is not surprising because people trying to lose weight and manage diabetes are more likely to reach for a zero calorie beverage than others, since it is a known way to reduce sugar intake and calories and does not impact blood sugar levels. It's not that the low calorie sweetener caused any of these negative health outcomes. In fact, Randomized Clinical Trials (RCTs) show that low calorie sweeteners can help people lose weight and can be useful for people managing diabetes.^{1,2,7}

How do SPLENDA® Diabetes Care Shakes help manage blood sugar?

Splenda® Diabetes Care Shakes contain no added sugar⁸, a unique blend of slow-digesting carbohydrates, 16g of high-quality protein, and monounsaturated fats. Studies show that a shake formulated with 30-40% of calories from slow-digesting carbohydrates, 40-50% of calories from fat (with ≥60% from monounsaturated fats), and >30% of calories from protein can help manage blood sugar and help reduce blood sugar spikes compared to an adult nutrition shake formulation.¹⁰⁻¹²

Will SPLENDA® harm my gut?

No, sucralose and stevia will not harm the gut. A recent comprehensive review, conducted by experts in both gut microbiome and food ingredient safety research, found no evidence of any negative effects on gut health from the use of low or no calorie sweeteners. The investigation found “clear evidence that changes in the diet unrelated to low or no calorie sweetener consumption are likely the major determinants of change in gut microbiota numbers and phyla.”¹³

Does SPLENDA® cause cancer?

No. Worldwide regulatory authorities, including the FDA, EFSA, Health Canada, and WHO, have reviewed studies and confirm no link between sucralose and cancer. The U.S. National Cancer Institute supports this conclusion. The American Cancer Society guidelines state, “Current evidence does not show a link between these compounds and increased cancer risk...”¹⁴

¹ When used in place of sugar; Rogers PJ, Hogenkamp PS, de Graaf C, et al. (2016) Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. *Int J of Obes* 40(3), 381-394. ² Johnson C, Stevens B, Foreyt J et al. (2013) The Role of Low-calorie Sweeteners in Diabetes. *Eur Endocrinology* 9(2): 96-98. ³ 2018, June. (Chemical risks and JECFA). Retrieved from: <http://www.fao.org/food/food-safety-quality/scientific-advice/jecfa/en/>. ⁴ 2014, May 19. (High-Intensity Sweeteners). Retrieved from: <http://www.fda.gov>. ⁵ 2019, June 11. (Sweeteners). Retrieved from: <http://www.efsa.europa.eu/en/topics/topic/sweeteners>. ⁶ 2019, May 14. (List of Permitted Sweeteners (Lists of Permitted Food Additives)). Retrieved from: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/lists-permitted/9-sweeteners.html>. ⁷ Rogers PJ. The role of low-calorie sweeteners in the prevention and management of overweight and obesity: evidence v. conjecture. *Proc Nutr Soc*, 2017 Nov;23(1): 9. ⁸ Peters, J., et al. Low Calorie Sweetener (LCS) use and energy balance. *Physiology & Behavior*, 2016; 164, 524-528. ⁹ Bellisle F. Intense sweeteners, Appetite for the Sweet Taste, and Relationship to Weight Management. *Curr Obes Rep*, 2015; 4(1): 106-110. ¹⁰ Eha, M., et al. Enteral Nutritional Support and Use of Diabetes-Specific Formulas for Patients With Diabetes: A Systematic Review and Meta-Analysis. *Diabetes Care*, 2005 Sep;28(9):2267-79. ¹¹ Evert, A., et al. Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report. *Diabetes Care*, 2019 Apr; 42(4):e97-141. ¹² Vinoy, S., et al. Slow-release carbohydrates: growing evidence on metabolic responses and public health interest. Summary of the Symposium Held at the 12th European Nutrition Conference (FENS 2015). *Food Nutr Research*, 2016 Jul 4;60:31662. ¹³ Lobach, A. R., Roberts, A., & Rowland, J. R. (2018). Assessing the in vivo data on low/no-calorie sweeteners and the gut microbiota. *Food and Chemical Toxicology*, 124, 385-399. ¹⁴ American Cancer Society. Guidelines on Nutrition and Physical Activity for Cancer Prevention and Physical Activity for Cancer Prevention. (Latest revision 2016). *Among healthcare professionals clinically treating patients. †Not a low calorie food.