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Study Links 2 Artificial Sweeteners as Dangerous to the Liver

Analysis by Dr. Joseph Mercola Fact Checked

April 13, 2022

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STORY AT-A-GLANCE

- Artificial sweeteners — specifically acesulfame potassium and sucralose — may interfere with your liver's delicate detoxification process
- Acesulfame potassium and sucralose — brand name Splenda — inhibited the activity of P-glycoprotein (PGP), a "defense protein" that's important for protecting organisms against environmental toxins
- The artificial sweeteners may bind to PGP, thereby inhibiting transport of compounds like xenobiotics, drugs and their metabolites, short-chain lipids and bile acids
- The findings could therefore have significant implications for people who take antidepressants, antibiotics and blood pressure drugs, which use PGP as a primary detoxification transporter
- PGP also plays a role in other body functions, including maintaining the blood-brain barrier, so the researchers stressed the need for further research to determine how artificial sweeteners may be affecting other organs beyond the liver
- A separate study found that people who consumed higher levels of the artificial sweetener aspartame had an increased risk of cancer

Evidence continues to grow that artificial sweeteners are dangerous for your health. On the heels of research linking artificial sweeteners to cancer[1] comes another study revealing that they disrupt liver detoxification.

The latest research involves the non-nutritive sweeteners acesulfame potassium and sucralose, which are widely used as no-calorie sugar substitutes. Study author Laura Danner, a Medical College of Wisconsin doctoral student, estimated that 40% of Americans regularly consume artificial sweeteners.

"In fact, many people don't realize that these sweeteners are found in light or zero-sugar versions of yogurts and snack foods and even in non-food products like liquid medicines and certain cosmetics," she said in a news release.[2]

Artificial Sweeteners Disrupt Liver Detoxification

Your liver is a major organ for detoxification, responsible for more than 500 functions in your body.[3] It's via your liver that nutrients, medications and toxins are processed and, if necessary, sent back into your bloodstream to be eliminated by your bowel and kidneys. During phase II detoxification, your liver can even process toxins into less harmful substances that your body can get rid of more easily.[4]

In research presented at the American Society for Biochemistry and Molecular Biology's annual meeting in April 2022, in Philadelphia, however, it was revealed that artificial sweeteners — specifically acesulfame potassium and sucralose — may interfere with your liver's delicate detoxification process.

The study found that acesulfame potassium and sucralose — brand name Splenda — inhibited the activity of P-glycoprotein, a "defense protein" that's important for protecting organisms against environmental toxins.[5]

For comparison, the well-known toxin DDT (dichloro-diphenyl-trichloroethane) has also been found to inhibit P-glycoprotein (PGP), which is one reason why researchers have stated, "Even in small amounts, these contaminants could interfere with the human body's natural ability to defend itself."[6]

The featured study's lead author, Stephanie Olivier-Van Stichelen, Ph.D., explained that the potentially detrimental effects occur at common levels of exposure:[7]

> *"We observed that sweeteners impacted PGP activity in liver cells at concentrations expected through consumption of common foods and beverages, far below the recommended FDA maximum limits … To our knowledge, we are the first group to decipher the molecular mechanism by which non-nutritive sweeteners impact detoxification in the liver."*

For the study, liver cells and cell-free assays, which give insights into cellular processes like transport, were studied, revealing that the artificial sweeteners stimulated transport activity and may bind to PGP, thereby inhibiting transport of compounds like xenobiotics, drugs and their metabolites, short-chain lipids and bile acids.[8]

The findings could therefore have significant implications for people who take antidepressants, antibiotics and blood pressure drugs, which use PGP as a primary detoxification transporter.

Further, because PGP also plays a role in other body functions, including maintaining the blood-brain barrier, the researchers stressed the need for further research to determine how artificial sweeteners may be affecting other organs beyond the liver, as well as the extent to which they're interfering with drug metabolism. According to Danner:[9]

> *"If future studies confirm that non-nutritive sweeteners impair the body's detoxification process, it would be essential to study the potential interactions and determine safe levels of consumption for at-risk groups. It might also be important to include specific amounts non-nutritive sweeteners included on food labels so that people can better track their intake."*

Artificial Sweeteners Linked to Increased Cancer Risk

In a study of 102,865 adults from France, published in PLOS Medicine, dietary intakes and consumption of artificial sweeteners were obtained and analyzed for associations with cancer incidence. The large-scale cohort study found that people who consumed higher levels of artificial sweeteners had higher risk of overall cancer compared to nonconsumers.[10]

Among the artificial sweeteners studied, aspartame and acesulfame-K, in particular, were associated with increased cancer risk, while aspartame intake was linked to higher risks of breast cancer and obesity-related cancers, including stomach, liver, colon and rectal cancers.

Specifically, total cancer risks increased by 13% among artificial sweetener consumers, while the risk of breast cancer rose by 22% and the risk of obesity-related cancers increased up to 15%.[11] "These results suggest that artificial sweeteners, used in many food and beverage brands worldwide, may represent a modifiable risk factor for cancer prevention," the researchers noted.[12]

It's a concerning finding, considering aspartame alone is used in 1,400 food products in France and more than 6,000 products around the globe. Its high level of sweetness — 200 times greater than sugar[13] — and low calories makes it popular among people looking to make their drinks and meals sweeter, without the calories of a comparable amount of sugar. However, its safety has been debated from the start. According to the research team:[14]

> *"[E]xperts have urged for a re-evaluation by public health authorities of aspartame's role in cancer development, based on previous and recent findings in animal models, in vitro studies, and, to a lesser extent, human data. Findings about other artificial sweeteners also raise questions regarding their potential role in carcinogenesis based on in vivo studies."*

Aspartame's Long History of Carcinogenicity

In 2006, a study led by Dr. Morando Soffritti, a cancer researcher from Italy, found that even in low doses, animals were developing several different forms of cancer when fed aspartame.[15]

Sofritti is the head of the European Ramazzini Foundation of Oncology and Environmental Sciences, a well-respected, independent and nonprofit institution that has been dedicated to cancer prevention for more than three decades. "An exceedingly high incidence of brain tumors" has also been identified in aspartame-fed rats, compared to rats not fed aspartame.[16] Further, U.S. Right to Know reported:[17]

> *"Harvard researchers in 2012 reported a positive association between aspartame intake and increased risk of non-Hodgkin lymphoma and multiple myeloma in men, and for leukemia in men and women.*[18]
>
> *In a 2014 commentary in American Journal of Industrial Medicine, the Maltoni Center researchers wrote that the studies submitted by G. D. Searle for market approval 'do not provide adequate scientific support for [aspartame's] safety. In contrast, recent results … provide consistent evidence of [aspartame's] carcinogenic potential."*

A 2020 study further supports the Ramazzini Institute's (RI) original findings, revealing a statistically significant increase in total haematopoietic and lymphoid tissue tumors (HLTs) and total leukemias and lymphomas in female rats exposed to aspartame.

"After the HLT cases reevaluation, the results obtained are consistent with those reported in the previous RI publication and reinforce the hypothesis that APM [aspartame] has a leukaemogenic and lymphomatogenic effect," the researchers explained.[19]

Again in 2021, a review of the Ramazzini Institute data further confirmed that aspartame is carcinogenic in rodents. The researchers noted that their findings "confirm the very worrisome finding that prenatal exposure to aspartame increases cancer risk in rodent offspring. They validate the conclusions of the original RI studies."[20]

In response, they called on national and international public health agencies to reexamine aspartame's health risks, particularly prenatal and early postnatal exposures.[21]

Artificial Sweeteners Disrupt Gut Microbiota

It's now well-recognized that protecting the diversity of your gut microbiota is important for optimal health, and antibiotics disrupt gut microbiota significantly. Many are not aware, however, that artificial sweeteners including saccharine, sucralose, aspartame and acesulfame potassium may lead to shifts in gut microbiota similar to those caused by antibiotics.[22]

In 2021, for the first time, researchers revealed that artificial sweeteners may even promote antibiotic resistance via conjugative gene transfer, and gave insights into how artificial affects your body at a cellular level, even influencing the expression of genes. When exposed to artificial sweeteners at the single-cell level, researchers found disturbing changes in bacteria:[23]

> *"Bacteria exposed to the tested compounds exhibited increased reactive oxygen species (ROS) production, the SOS response, and gene transfer. In addition, cell membrane permeability increased in both parental bacteria under exposure to the tested compounds. The expression of genes involved in ROS detoxification, the SOS response, and cell membrane permeability was significantly upregulated under sweetener treatment."*

Disruption of gut microbiota has also been linked to nonalchoholic fatty liver disease (NAFLD), and artificial sweeteners may also have a role to play in this condition. NAFLD is the most common chronic liver disease in developed countries,[24] characterized by a buildup of excess fat in your liver that is not related to heavy alcohol use.

While increased intake of toxic industrially processed seed oils plays a role in increasing incidence of NAFLD, artificial sweeteners' ability to cause gut dysbiosis may be another culprit.[25]

Artificial sweeteners have also been shown to induce glucose intolerance by altering gut microbiota.[26] Research led by Eran Elinav of the Weizmann Institute of Science in Rehovot, Israel, first showed that mice fed artificial sweeteners developed glucose intolerance after 11 weeks. They then revealed that altering the animals' gut bacteria influenced their glucose response.

What's more, a study published in Frontiers in Nutrition in 2022 found alterations in gut microbiota of offspring to mothers fed low doses of aspartame and even the natural herb stevia, stating that consumption of "sweet tastants have a lasting and intergenerational effect on gut microbiota, microbial metabolites and host health."[27]

They're Found in More Than Just Diet Beverages

Much of the research surrounding artificial sweeteners has focused on their use in beverages, with such drinks used as a proxy for estimating overall consumption levels. However, as the PLOS Medicine team noted, "A more precise assessment of exposure to artificial sweeteners from a broader range of ultraprocessed products (e.g., flavored yogurts, low-sugar snacks, ready-to-go meals, table-top sweeteners) appears necessary."[28]

Further, little is known about the cumulative effects of exposures to different types of artificial sweeteners, even though millions of people consume multiple artificial sweeteners daily. The study was clear in its conclusion that, "Our findings do not support the use of artificial sweeteners as safe alternatives for sugar in foods or beverages …"[29]

If you're interested in eliminating your exposures to these toxic products, be aware that they're hidden in many products beyond beverages, including dairy products, ketchup, salad dressing, baked goods and medications.

For a simple trick to satisfy your sweet craving if one strikes — without reaching for an artificial sweetener — eat something sour. Sour taste, such as that from fermented vegetables or water spruced up with lemon or lime juice, helps to reduce cravings for sweets.

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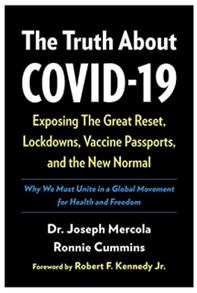

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Pete.Smith

Joined On 10/11/2013 8:19:55 AM

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Dr Mercola thanks for the article. but you should warn also about Maltodextrin, a man-made synthetic sugar-like carbohydrate, which is now hidden in so many foods, even baby food. Not being classified as a sugar, it is not require to be on the food-label as sugar, so companies can pretend it is a low-sugar product. Knowing that consumers want less sugar, maltodextrin has become very popular.for companies to hide the sugar content. Because Maltodextrin is highly processed, it's absorbed in the body faster than sugar. Maltodextrin depletes nutrients and spikes insulin—it's even classified as an insecticide.

See Dr. Berg's 10 minutes video from Apr 8, 2022 https://youtu.be/Dkbu16d0qX0 Maltodextrin could be hiding in certain foods, drinks, and supplements, such as: • Natural flavorings • Herbal extracts • Stevia powders • MCT oil powders • Fish oil powders • Performance gels • Energy drinks • Electrolyte powders • Infant formulas • Baby foods • Weight gain formulas • Beer • Animal feeds • Many keto products • Many diet products • Soups • Desserts • Cereals • Sauces • Intravenous nutrition • Certain medications • Protein powders - It is in a great majority of the diet products, like the diet protein powders, the diet protein bars are loaded with it.

Reply | Mark as Spam | Posted On 4/13/2022 12:37:22 AM

Like | Dislike

skupe59

Joined On 5/2/2009 7:28:21 AM

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Yes, thanks so much to Dr. M. for this info and that of aspartame in Equal. I gave them up about 15 years ago when I learned how dreadful they were to our health. People must read labels scrupulously. It might take an extra hour of food shopping but in the long run it's so worth it.

Mark as Spam | Posted On 4/13/2022 3:32:02 AM

Like | Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Maltodextrin is primarily derived from GMO corn. I have an excerpt from an article on some "health" site, where they tell us that the FDA and the WHO, both tell us that GMO's are perfectly safe. I think we all know that the "truth" is not part of their vocabulary! "Genetically modified (GM) ingredients GM corn, which is a genetically modified organism (GMO), is a common source of maltodextrin. The World Health Organization Trusted Source (WHO) state that GMOs are safe to consume. However, GMOs may be harmful to the environment or people's health because of the increased use of herbicides and pesticides on GMO crops.

There is also a chance that the genetically modified material can get into wild plants and animals, or into the human body through the diet. Many people believe that there is a link between GMOs and various health conditions, including cancer, kidney problems, Alzheimer's disease, antibiotic resistance, allergies, and reproductive issues. There is little evidence that this is true, though some believe that the lack of evidence could be partly due to the censorship of GMO research. The Environmental Sciences Europe journal published an article in support of this theory." "Little evidence"? Duh, okay.

Mark as Spam | Posted On 4/13/2022 7:40:11 AM

Like Dislike

Pete.Smith

Joined On 10/11/2013 8:19:55 AM

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Thanks Randyfast. Maltodextrin (MDX) is a man-made polysaccharide (a starch) made from corn or wheat; "The starch is cooked, and then acid and/or enzymes are used to break the starch into smaller polymers " (1). The starch is not absorbable by yeasts, and some bacteria, but for some reason bad bacteria seem to love it, thus is has the ability to throw the microbiome balance out of whack. Not only do these pathogenic bacteria love it, including e.coli, but they also utilize it make biofilms, at a much higher rate than they do with other starches and sugars such as glucose. MDX also improves the adhesion ability of these pathogens to stick to the intestinal wall, separate from their biofilm enhancements.

See this site for the many studies on this subject: www.theguthealthprotocol.com/wp/maltodextrin-biofilm-and-inflammation-.. For example this study, called: Crohn's disease-associated adherent-invasive Escherichia coli adhesion is enhanced by exposure to the ubiquitous dietary polysaccharide maltodextrin. pubmed.ncbi.nlm.nih.gov/23251695 Maltodextrin (MDX), a polysaccharide derived from starch hydrolysis, markedly enhanced LF82 specific biofilm formation. Biofilm formation of multiple other E. coli strains was also promoted by MDX.

Mark as Spam | Posted On 4/13/2022 10:17:25 AM

Like Dislike

MZ1227

Joined On 11/18/2006 7:02:45 PM

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I don't know how maltodextrin is actually made, but I do know my seasonal allergies flare up SIGNIFICANTLY when I consume anything with maltodexrrin or certain other fake sweeteners. Also I noticed this stuff causes me to have ADHD episodes, even though I grew up perfectly able to focus in school. I know people will argue with me, but I am CONVINCED THAT SUGAR IS NOT THE ENEMY, BUT IN FACT ARTIFICIAL SWEETENERS AND MALTODEXTRIN ARE WHAT CAUSE ADHD AND ADD. I truly hope Dr. Mercola does some serious investigations about this, since I know he (as well as the whole world of doctors I bet) thinks sugar is the enemy for ADHD.

If sugar has existed for thousands of years and people were fine in school up until 1960s or so, why are we blaming sugar cane when we should be looking at the man made UN-natural chemical brain stimulants?? I found studies saying that brain scans of ADHD people showed too much Glutamate and not enough GABA. Since when does sugar cane (harmless NATURAL ingredient) cause brain chemistry to go haywire? Doesn't MSG have glutamate??? Doesn't aspartame destroy the myelin sheaths of the nerves? Wish people stopped blaming sugar and started looking at the REAL culprits.

Mark as Spam | Posted On 4/14/2022 1:32:41 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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I learned about a decade ago that sucralose was made by removing three sugar molecules and replacing them with three chlorine molecules...none for me, thanks! Also; acesulfame potassium is nothing but a rebranded aspartame. Saccharin was known to be carcinogenic (like the rest of them - the Cancer Industrial Complex loves them!) and was banned, decades ago. Thanks to the powers of evil that be; it is once again in use! Just like the weather; there's not much natural food anymore!

Reply | Mark as Spam | Posted On 4/13/2022 7:24:05 AM

Like Dislike

lovestosing6

Joined On 8/26/2013 8:44:35 AM

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Makes me wonder - my grandmother died from ovarian cancer and saccharin was the only thing I can clearly identify she did daily with her coffee. My sweet girlfriend who drinks diet drinks not stop - has had breast cancer for over 10 years - pfft, they're making a fortune off her treatments. It's really hard to think about how she was scared into the shots and booster.

Mark as Spam | Posted On 4/13/2022 9:27:26 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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If it's unnatural/artificial/synthetic; I don't want it in my body!

Mark as Spam | Posted On 4/13/2022 9:54:58 AM

Like Dislike

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dude01

Joined On 8/10/2007 1:20:04 PM

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Randy - nice post. Thanks for your many daily comments.

lovestosing6 - In regards to your sweet girl friend, a deceased friend of mine who was a doctor, once told me that doctors are excellent at selling fear. I get afraid just walking into a doctor's office. I'm sure there are many well intentioned doctors. Always fearful that I'll end up getting the doc who partied his way through med school.

Mark as Spam | Posted On 4/13/2022 2:09:52 PM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Dude; thanks for the reply. I believe that the surgeon who did my last hernia surgery partied all the way through med school!

Mark as Spam | Posted On 4/13/2022 5:37:10 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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Beware of foods that list "natural flavoring" as an ingredient. Likely, it does not mean what most of us consider to be "natural". You can bet it is anything but "natural". That is a word with a very lose legal definition. (Arsenic, too, is natural.) If it is truly wholesome, why is it not specifically identified? Maybe they do not want us to know what is in the product?

Reply | Mark as Spam | Posted On 4/13/2022 2:10:39 PM

Like Dislike

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pinklucygirl

Joined On 10/11/2007 5:25:43 AM

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I think "natural flavoring" usually means MSG, which is terrible.

Mark as Spam | Posted On 4/13/2022 3:07:46 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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pinklucygirl... "Natural" can mean just about anything...

Mark as Spam | Posted On 4/13/2022 3:09:13 PM

Like Dislike

lovestosing6

Joined On 8/26/2013 8:44:35 AM

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I remember when a study came out on sucralose indicating it affected the spleen. Spleen. That's part of our lymph system and white blood cell maker - WHITE BLOOD CELL MAKER - meaning we are poisoning the army inside our bodies so it cannot fight off infection. Can I find that original study from years ago? Of course not. But at least this guy has his ear to the ground: www.canceractive.com/article/artificial-sweeteners%20severely%20damage.. And don't get me started on Donald Rumsfeld and the way they made it so you couldn't call Stevia a sweetener for years! Pfft.

Reply | Mark as Spam | Posted On 4/13/2022 3:33:49 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Lovestosing; Did you know that "Bumsfeld" was the one who 'approved' aspartame; all by himself? Versions vary; but he is the scumsucker who got it done! "Although numerous studies were conducted documenting negative findings concerning the effects of aspartame, the sweetener remains legal, partially due to the political power of companies who manufacture it. In 1981, Ronald Reagan, with help from members of his transition team, including the CEO of G. D. Searle, Donald Rumsfeld, appointed Dr. Arthur Hull Hayes Jr. as the new FDA commissioner.

Just weeks later, Rumsfeld submitted a reevaluation of aspartame and Hayes, ignoring the recommendations of several doctors, approved the substance for human consumption.6 This article argues that the numerous conflicts of interest within the government and big business allowed aspartame to be approved for human consumption even when it was demonstrated to be a carcinogen and a cause of other harmful side effects in animals. Rumsfeld was able to use political power and connections in Washington to influence key decisions of the FDA in the early 1980s." vtuhr.org/.../vtuhr.v4i0.33

Mark as Spam | Posted On 4/13/2022 7:47:05 AM

Like Dislike

lovestosing6

Joined On 8/26/2013 8:44:35 AM

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Randyfast - Yes yes! Thank you! The man behind poisoning of America - pfft ... For16 years the FDA wouldn't approve it that toxic nightmare. Talk about the political revolving door syndrome our country has! MAJOR DISAPPOINTMENT. It is always up to us, isn't it, to stay safe and stay knowledgeable and read labels. It won't help when wording is fake or when the lies are happening, but I realize it's up to me to keep my body as nutrified as possible without all the chemicals - I feel like that should be rule #1.

Mark as Spam | Posted On 4/13/2022 9:23:00 AM

Like Dislike

fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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Useful piece of the puzzle. Thank you. As with all the other contaminants & challenges: EMF radiation magnifies them all, though, does it not?

Reply | Mark as Spam | Posted On 4/13/2022 7:03:04 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Yes, it does!

Mark as Spam | Posted On 4/13/2022 9:55:33 AM

Like Dislike

Anggerek

Joined On 3/9/2010 4:26:39 AM

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One has been banished (almost) and two or more appear. It is difficult nowadays to buy food products without sucralose or other unpronouncable sweetening additives. Steviol is sometimes used and flagged as natural, but is it really safe? The other is glucose fructose syrup. Most children's food products are sweetened by that. On the adult shelf, the same. Juices, biscuits, etc.

Reply | Mark as Spam | Posted On 4/13/2022 12:09:54 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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It's important to understand the distinction of ARTFICIAL sweeteners (like splenda, sucralose, HFCS, etc.) VS ALTERNATIVE sweeteners (like Stevia). But overall, if one can eliminate the need for sweetening all together, with an acquired taste, then that much better.

Mark as Spam | Posted On 4/13/2022 8:44:14 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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Grulla - agreed! Lemons are my way to go (haha, the opposite of sweet) - but to my knowledge, when aspartame was being put on the diet shelves, they made it illegal to call stevia a sweetener. What a giant crock!

Anggerek - these days, if I pick up stevia, it's liquid and probably from Whole Foods. I'm not too trusting these day :)

Mark as Spam | Posted On 4/13/2022 9:25:36 AM

Like Dislike

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stardustonthesage

Joined On 10/26/2014 8:46:19 AM

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Sweet Leaf stevia only, powdered form, the liquid tastes terrible. Seriously. Been using this stuff since about 2003, so take my word for it, taste-wise. I had a couple of other posts here on this thread that you should find and read. Good luck with your research on grocery store foods, you have to be a label-reader, for certain. Even then, questionable ingredients are hard to avoid and it's going to get a lot worse.

Mark as Spam | Posted On 4/13/2022 12:23:38 PM

Like Dislike

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mil3743

Joined On 4/27/2018 5:47:07 AM

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great article and a great book

Reply | Mark as Spam | Posted On 4/14/2022 9:18:21 AM

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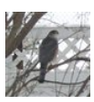

balhawk

Joined On 12/11/2009 3:56:56 PM

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Appreciate the warnings, Dr. M. A protein powder that has sucralose gave me the craps. I have found a better one. The easy way to avoid this junk is to avoid processed food, which I do sometimes eat, but read the labels very thoroughly. It's amazing what junk gets put in the stuff people go on blissfully unaware of.

Reply | Mark as Spam | Posted On 4/13/2022 10:55:29 PM

Like Dislike

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billstri

Joined On 6/8/2008 9:16:45 PM

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I think real stevia is leaves taken from the stevia plant. You can dry those and add it to mint leaves for making tea. But stevia has its own flavor and is something you have to acquire a taste for before you really like it. You can also blend dried stevia into powder and put it in your coffee grounds to make coffee and in other foods. It is not flavorless like sugar, but is bitter-sweet. I am guessing the white stevia powder you can buy is extracted using alcohol, similar to making vanilla. That alcohol and other chemicals used are often not organic can and do often contain round-up. Not sure how big a deal this is. My question is how much round-up do you get in a cup of coffee with 2 ml of stevia sweetener compared to eating a serving of US grown GMO corn? Organic stevia is expensive.

Reply | Mark as Spam | Posted On 4/13/2022 5:50:04 PM

Like Dislike

Christinel

Joined On 3/29/2008 3:27:47 PM

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I have been making sweetened iced tea with Glysine Powder, approx. 3 tsp per half gallon jug. Added when tea is warm to dissolve it. Does anyone know if it can cause insulin spikes? Or how the body responds to it? I have not checked glucoses before or after.

Reply | Mark as Spam | Posted On 4/13/2022 4:41:45 PM

Like Dislike

Dr. Mercola

Joined On 12/21/1997 7:06:45 PM

Glycine is a healthy supplement and since it is an amino acid it does not spike insulin levels. Would limit glycine to two teaspoons a day though so don't drink the entire half gallon at once. Also can add Lakanto Monk Fruit if you need it sweeter. Liquid vanilla is my favorite.

Mark as Spam | Posted On 4/13/2022 4:45:52 PM

Like Dislike

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dude01

Joined On 8/10/2007 1:20:04 PM

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The dangers of these sugar alternatives have been known for years. I'm sure their approval, despite these known dangers, came about because our agencies that use our tax dollars for funding the EPA, FDA, etc, were compromised by lobbyists waving unlimited corporate dollars to the members of congress who are on committees that are supposedly looking out for the safety and welfare of the citizens who pay their salaries with tax money. It's the same ugly song and dance that funded the vaccine rollouts, the approval of glyphosate, etc.

Reply | Mark as Spam | Posted On 4/13/2022 2:03:11 PM

Like Dislike

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stardustonthesage

Joined On 10/26/2014 8:46:19 AM

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I have been using Sweet Leaf Stevia (in the individual packets, but I think you can order larger containers or buy them at your local health food store). Been using this stuff since about 2003 when I was on the Fat Flush Program, where I was introduced to them and all sorts of other good "foodie habits". The box of 70 individual packets I ordered (each packet equals 2 tsp of reg sugar, in flavor) describes its benefits as follows: Body friendly sweetner. Made from high-grade stevia leaves and purified water. No erythritol, no methanol, no aspartame, no sucralose, no maltodextrin, no dextrose, no additives, non-GMO, allergen free and gluten free.

Can't ask for more than that and it tastes really good, although I've tried other "stevia brands" and they are awful. Gotta stick with the Sweet Leaf brand only. That's my personal advice to all who are interested in cutting back on real sugar. I still use real sugar sometimes when baking and such, but otherwise try to avoid sugar as much as possible just because I don't think it's something my body truly needs. But I hafta tell ya, I'd rather use real sugar than some of the "substitutes" that are on the market these days. Ewwww. So . . . you must pick your battles.

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pinklucygirl

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What about erythritol or xylitol?

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freeman_jamesx

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I think they're fine in moderation, or you may get the runs (Xylitol) or acid reflux (erythritol). Xylitol can supposedly help keep blood sugar levels stable, and is good from a dental perspective, as it causes cavity-forming bacteria to starve and die off - but is toxic to dogs so be careful not to share any xylitol-containing food with your pets.

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MZ1227

Joined On 11/18/2006 7:02:45 PM

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Does anybody know if/ how bad sorbitol is?? I haven't heard much about this ingredient, but suspect that it isn't good. Sadly I used to buy it for a family member in form of chewable vitamin, now that person is extremely ADHD.

Reply | Mark as Spam | Posted On 4/14/2022 1:44:35 AM

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Geza59

Joined On 2/6/2017 5:11:45 AM

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And how about Maltitol? Is it safe? I just purchased a glutein free bisquets "gullón ZERO sugar free" from Aldi that contains Maltitol as sweetener.

Reply | Mark as Spam | Posted On 4/13/2022 4:48:59 AM

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