Aspartame Studies
Health Problem:
Brain damage/Cognitive skills disruption/Retardation/Neurochemical changes in the brain/Behavioral and Mood Changes/Problems

1. **Year Published**: 1970
   **Full Reference**: Brain Damage in Infant Mice Following Oral Intake of Glutamate, Aspartate, or Cysteine; Nature 1970;227:609-610
   **Funded By**: Washington University
   **Conclusion/Findings**: Irreversible degenerative changes and acute neuronal necrosis
   **Hyperlink to Study**: http://www.nature.com/nature/journal/v227/n5258/pdf/227609b0.pdf

2. **Year Published**: 2008
   **Funded By**: Not known
   **Conclusion/Findings**: Excessive aspartame ingestion might cause certain mental disorders, as well as compromised learning and emotional functioning
   **Hyperlink to Study**: http://www.newmediaexplorer.org/sepp/aspartamebrain.pdf

3. **Year Published**: 2007
   **Full Reference**: Life-Span Exposure to Low Doses of Aspartame Beginning During Prenatal Life Increases Cancer Effects in Rats, Morando Soffritti, Fiorella Belpoggi, Eva Tibaldi, Davide Degli Esposti, Michelina Lauriola; Environmental Health Perspectives, 115(9) Sep 2007; 115:1293-1297. doi:10.1289/ehp.10271.
   **Funded By**: Not known
   **Conclusion/Findings**: Carcinogenicity proven a second time; with effects increased when exposure to aspartame begins during fetal life.
   **Hyperlink to Study**: http://ehp03.niehs.nih.gov/article/fetchArticle.action?articleURI=info:doi/10.1289/ehp.10271

4. **Year Published**: 1984
   **Funded By**: MIT
   **Conclusion/Findings**: High aspartame doses can generate major neurochemical changes in rats, especially when consumed along with carbohydrate-containing foods
   **Hyperlink to Study**: http://www.ncbi.nlm.nih.gov/pubmed/6204522

5. **Year Published**: 1984
   **Funded By**: MIT
   **Conclusion/Findings**: Excitotoxins, as used in foods today, may produce blood elevations high enough to cause damage to the nervous system of young children, damage which is not detectable at the time of occurrence but which may give rise to subtle disturbances in neuroendocrine function in adolescence and/or adulthood.
   **Hyperlink to Study**: http://www.ncbi.nlm.nih.gov/pubmed/6152304

6. **Year Published**: 1996
   **Funded By**: NIH
   **Conclusion/Findings**: Brain tumor incidence in the US implicates the introduction of aspartame into the American diet.
   **Hyperlink to Study**: http://www.ncbi.nlm.nih.gov/pubmed/8939194
7. Year Published: 2000
Funded By: Not known
Conclusion/Findings: Found that aspartate shortens the memory response, impairs memory retention and damages hypothalamic neurons in mice
Hyperlink to Study: http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6TCR-408BJC1-4&_user=10&_coverDate=05%2F19%2F2000&_rdoc=1&_fmt=high&_orig=search&_origin=search&_sort=d&_docanchor=&view=c&_searchStrId=1456058577&_rerunOrigin=google&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=395a2fc9d4e0ffceeeaa745146341607&_searchtype=a

8. Year Published: 2002
Funded By: University of Florida
Conclusion/Findings: Shows that aspartate has a role in causing mental retardation, but the mechanism by which it does that is still unknown.
Hyperlink to Study: http://www.nature.com/mp/journal/v7/n4/full/4000976a.html

9. Year Published: 2006
Funded By: Not known
Conclusion/Findings: Found that high concentrations of aspartame can cause neurological symptoms, including memory and learning problems.
Hyperlink to Study: http://www.ncbi.nlm.nih.gov/pubmed/16129618

10. Year Published: 2008
Funded By: Not known
Conclusion/Findings: Asserts that excessive aspartame ingestion might be involved in the pathogenesis of certain mental disorders (DSM-IV-TR 2000) and also in compromised learning and emotional functioning.
Hyperlink to Study: http://www.nature.com/ejcn/journal/v62/n4/abs/1602866a.html

11. Year Published: 1986
Funded By: Not known
Conclusion/Findings: Identified some case reports in which the symptoms may be attributable to aspartame in commonly-consumed amounts. Headache, mood alterations (anxiety, agitation, irritability, or depression), insomnia, dizziness, and fatigue were the most frequently reported symptoms, with one case of a child in a double-blind test who became hyperactive after consuming products with aspartame.
Hyperlink to Study: http://www.ajcn.org/cgi/reprint/43/3/464 and http://www.ajcn.org/cgi/content/abstract/43/3/464

12. Year Published: 1990
Funded By: Not known
Conclusion/Findings: Raises concern that so many reports of headaches, seizures, blindness, and cognitive and behavioral changes with long-term, high-dose aspartame have
been reported that health officials need to be concerned.

Hyperlink to Study: http://www.ncbi.nlm.nih.gov/pubmed/2667892

13. Year Published: 1993
   Funded By: Dept. of Psychiatry Northeastern Ohio, Universities College of Medicine and University Hospital of Cleveland
   Conclusion/Findings: Found that individuals with mood disorders are particularly sensitive to this artificial sweetener and its use in this population should be discouraged. In the clinical study, the project was halted by the Institutional Review Board after a total of 13 individuals had completed the study because of the severity of reactions within the group of patients with a history of depression
   Hyperlink to Study: http://www.biologicalpsychiatryjournal.com/article/0006-3223%2893%2990251-8/abstract

14. Year Published: 1986
   Full Reference: Seizure and Mania After High Intake of Aspartame
   Funded By: Jamestown General Hospital, Jamestown, New York
   Conclusion/Findings: Case report of a woman who drank in excessive of 1 gallon per day of iced tea sweetened with aspartame, resulting in manic episode and seizure that led to hospitalization.
   Hyperlink to Study: http://psy.psychiatryonline.org/cgi/pdf_extract/27/3/218

15. Year Published: 1991
   Funded By: Clinical Research Laboratory, Denmark
   Conclusion/Findings: The study showed that the intake of aspartame in a not unrealistically high dose produced a marked and persistent increase of the availability of Phe to the brain, which was not observed after protein intake. The study indicated, furthermore, that Phe was cleared faster from the plasma after consumption of protein compared with aspartame.
   Hyperlink to Study: http://www3.interscience.wiley.com/journal/122214234/abstract

16. Year Published: 1994
   Funded By: Not known
   Conclusion/Findings: Reported that it is possible that there are some children who respond adversely to sugar or aspartame.
   Hyperlink to Study: http://www.nejm.org/cgi/full/10.1056/NEJM199402033300501#articleResults

17. Year Published: 1985
   Funded By: Not known
   Conclusion/Findings: Shows decrease in intellectual function in children with PKU who have phenylalanine introduced into their diets.
   Hyperlink to Study: http://pediatrics.aappublications.org/cgi/content/abstract/75/2/226

18. Year Published: 1987
   Funded By: MIT
   Conclusion/Findings: Argues that using rodents to disprove aspartame’s harm to humans is not relevant, and that it reacts more negatively in humans than in mice
19. **Year Published**: 1986  
**Full Reference**: Acute Effects of Oral or Parenteral Aspartame on Catecholamine Metabolism in Various Regions of Rat Brain, Hidehiko Yokogoshi and Richard J. Wurtman, The Journal of Nutrition, November 1986  
**Funded By**: MIT  
**Conclusion/Findings**: Found higher plasma tyrosine and phenylalanine ratios and other effects on the brain.  
**Hyperlink to Study**: http://jn.nutrition.org/cgi/content/abstract/116/3/356

20. **Year Published**: 1992  
**Full Reference**: Aspartame Exacerbates EEG Spike Wave Discharge in Children with Generalized Absence Epilepsy, PR Camfield, CS Camfield, JM Dooley, et al;  
**Funded By**: Ontario Ministry of Health  
**Conclusion/Findings**: Neurology 1992:42:1000  
**Hyperlink to Study**: http://www.neurology.org/cgi/content/abstract/42/5/1000

21. **Year Published**: 1993  
**Funded By**: Toxicological Sciences, 1993 Aug; 18(3):143-53. Sapporo  
**Conclusion/Findings**: Showed aging of cells when treated with aspartame.  
**Hyperlink to Study**: http://www.ncbi.nlm.nih.gov/pubmed/8246307

22. **Year Published**: 1994  
**Full Reference**: Neuropharmacological Evaluation of Movement Disorders that are Adverse Reactions to Specific Foods Including Aspartame, John W. Gerrard, J Steven Richardson and Jeffrey Donat; International Journal of Neuroscience, 1994, Vol. 76, No. 1-2, pp. 61-69  
**Funded By**: University of Saskatchewan, Canada  
**Conclusion/Findings**: Shows that in susceptible individuals, certain foods or additives, including aspartame, can trigger movement disorders through an action on dopamine and other neurotransmitter pathways in the brain.  
**Hyperlink to Study**: http://informahealthcare.com/doi/abs/10.3109/00207459408985992

23. **Year Published**: 1995  
**Full Reference**: Effects of Aspartame on 45 Ca Influx and LDH Leakage from Nerve Cells in Culture, Sonnewald U, Unsgard G, Petersen SB; Neuropharmacology and Neurotoxicology, 1995, Vol. 6, Issue 2  
**Funded By**: Research Council of Norway  
**Conclusion/Findings**: Showed signs of severe cell damage and other neurological events with aspartame.  

24. **Year Published**: 1996  
**Funded By**: NIH  
**Conclusion/Findings**: Evidence implicates aspartame as a causative agent of high incidence of brain tumors in aspartame-fed rats.  
**Hyperlink to Study**: http://journals.lww.com/jneuropath/Abstract/1996/11000/Increasing_Brain_Tumor_Rates_Is_There_a_Link_to_2.aspx

25. **Year Published**: 1998  
**Full Reference**: Formaldehyde Derived from Dietary Aspartame Binds to Tissues Components in Vivo, C. Trocho, R. Pardo, I. Rafecas, et al  
**Funded By**: University of Barcelona, Spain  
**Conclusion/Findings**: Showed that aspartame consumption may constitute a hazard
because of its contribution to the formation of formaldehyde adducts.

**Health Problem:** Headache/Migraines

26. **Year Published:** 1985  
**Funded By:** MIT  
**Conclusion/Findings:** Woman who drank large amounts of Diet Coke and other aspartame-flavored beverages experienced headaches, nausea, visual hallucinations, and a grand-mal seizure.  
**Hyperlink to Study:** [http://www.wnho.net/formaldehyde_from_aspartame.pdf](http://www.wnho.net/formaldehyde_from_aspartame.pdf)

27. **Year Published:** 1987  
**Funded By:** Not known  
**Conclusion/Findings:** Ingestion of aspartame by migraine sufferers causes significant increases in headache frequency  

28. **Year Published:** 1998  
**Funded By:** Not known  
**Conclusion/Findings:** Finds that aspartame may be an important dietary trigger of headache in some people.  
**Hyperlink to Study:** [http://www3.interscience.wiley.com/journal/119429393/abstract](http://www3.interscience.wiley.com/journal/119429393/abstract)

29. **Year Published:** 1991  
**Funded By:** Not known  
**Conclusion/Findings:** High levels of these amino acids were found in patients with migraine with aura compared to normal subjects and other headache groups  
**Hyperlink to Study:** [http://cep.sagepub.com/content/11/4/197.abstract](http://cep.sagepub.com/content/11/4/197.abstract)

30. **Year Published:** 1997  
**Full Reference:** Chewing Gum Headaches, Blumenthal, H.J., D.A. Vance, Headache, Volume 37, Number 10, pages 665-666. 1997  
**Funded By:** Department of Neurology, University of Oklahoma College of Medicine, Tulsa  
**Conclusion/Findings:** Chewing gum with aspartame provokes headaches  
**Hyperlink to Study:** [http://www3.interscience.wiley.com/journal/119166706/abstract](http://www3.interscience.wiley.com/journal/119166706/abstract)

31. **Year Published:** 2003  
**Full Reference:** The Diet Factor in Pediatric and Adolescent Migraine, Millichap JG, Yee MM. Pediatric Neurology, 2003 Jan;28(1):9-15  
**Funded By:** Not known  
**Conclusion/Findings:** Aspartame is one of the substances that trigger migraines in children and adolescents  
**Hyperlink to Study:** [http://www.drcordas.com/education/Headaches/1doc.pdf](http://www.drcordas.com/education/Headaches/1doc.pdf)

32. **Year Published:** 1994  
**Full Reference:** Aspartame Ingestion and Headaches: a Randomized Crossover Trial. S. K. Van Den Eeden, PhD, T. D. Koepsell, MD, MPH, W. T. Longstreth, Jr., MD, MPH, G. van Belle, PhD, J. R. Daling, PhD and B. McKnight, PhD, American Academy of Neurology,
Neurology. 1994;44:1787
Funded By: University of Washington
Conclusion/Findings: This experiment provides evidence that, among individuals with self-reported headaches after ingestion of aspartame, a subset of this group report more headaches when tested under controlled conditions. It appears that some people are particularly susceptible to headaches caused by aspartame and may want to limit their consumption.
Hyperlink to Study: http://www.neurology.org/cgi/content/abstract/44/10/1787?ijkey=4b59bfcfba6c01af70844762469ca00f7f358c5f&keytype2=tf_ipsecsha

Year Published: 1990
Funded By: Not known
Conclusion/Findings: Finds that aspartate can cause migraine with aura associated with a state of central neuronal hyperexcitability
Hyperlink to Study: http://www.ncbi.nlm.nih.gov/pubmed/1979655

Year Published: 2001
Funded By: The Headache Institute, St. Lukes-Roosevelt Hospital Center, New York
Conclusion/Findings: Reports that aspartame may trigger headaches in susceptible individuals, and can worsen an ongoing attack of migraine.
Hyperlink to Study: http://www3.interscience.wiley.com/journal/120697481/abstract

Year Published: 1988
Funded By: Department of Neurology, Albert Einstein College of Medicine, Bronx, NY
Conclusion/Findings: Reports that some patients with migraines reported aspartame as a trigger three times more often than those with other types of headache.
Hyperlink to Study: http://www3.interscience.wiley.com/journal/119429393/abstract

Health Problem: Increase in hunger, body weight, BMI

Year Published: 1991
Funded By: Department of Human and Family Resources at Northern Illinois University
Conclusion/Findings: In a study of high-intensity artificial sweeteners performed on college students, there was no evidence that artificial sweetener use was associated with a decrease in their overall sugar intake. These results indicate that eating artificial sweeteners simply perpetuates a craving for sweets, and overall sugar consumption is not reduced—leading to further problems controlling your weight.
Hyperlink to Study: http://www.ncbi.nlm.nih.gov/pubmed/2040783

Year Published: 2005
Funded By: University of Texas Health Science Center at San Antonio
Conclusion/Findings: In 2005, data gathered from the 25-year long San Antonio Heart Study also showed that drinking diet soft drinks increased the likelihood of serious weight gain—far more so than regular soda. According to Sharon Fowler, M.P.H: “On average, for each diet soft drink our participants drank per day, they were 65 percent more likely to become overweight during the next seven to eight years, and 41 percent more likely to become obese.”
Hyperlink to Study: http://www.uthscsa.edu/hscnews/singleformat2.asp?newID=1539
38. **Year Published:** 2004  
**Funded By:** Department of Psychological Science, Ingestive Behavior Research Center, Purdue University  
**Conclusion/Findings:** Found that rats fed artificially sweetened liquids ate more high-calorie food than rats fed high-caloric sweetened liquids. The researchers believe the experience of drinking artificially sweetened liquids disrupted the animals' natural ability to compensate for the calories in the food.  

39. **Year Published:** 1988  
**Funded By:** Biopsychology Group, Psychology Dept., University of Leeds, Leeds UK  
**Conclusion/Findings:** Intense sweeteners can produce significant changes in appetite, with aspartame causing the most pronounced effects.  

40. **Year Published:** 1990  
**Funded By:** Monell Chemical Senses Center, Philadelphia  
**Conclusion/Findings:** Showed that aspartame can increase the feeling of hunger  

41. **Year Published:** 2010  
**Full Reference:** Gain Weight by “Going Diet?” Artificial Sweeteners and the Neurobiology of Sugar Cravings. Qing Yang, Yale Journal of Biological Medicine, 2010 June; 83(2): 101-108. Department of Molecular, Cellular and Developmental Biology  
**Funded By:** Yale University  
**Conclusion/Findings:** Several large scale prospective cohort studies found positive correlation between artificial sweetener use and weight gain. When matched for initial body mass index (BMI), gender, ethnicity, and diet, drinkers of artificially sweetened beverages consistently had higher BMIs. Similar observations have been reported in children. Artificial sweeteners, precisely because they are sweet, encourage sugar craving and sugar dependence.  
**Hyperlink to Study:** [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2892765/?tool=pubmed](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2892765/?tool=pubmed)

**Other Health Problems:** Multiple symptoms including retinal damage, disruption of odor-associated learning, miscellaneous toxicity problems, elevations in plasma, pre-term delivery, rise in serum methanol

42. **Year Published:** 1985  
**Funded By:** University of Kentucky  
**Conclusion/Findings:** Possibility exists that consuming large amounts of aspartame inhibits angiotensin converting enzyme  

43. **Year Published:** 1986  
**Full Reference:** Serum Methanol Concentrations in Rats and in Men after a Single Dose of Aspartame,“ Davoli, E., et al., 1986. Food and Chemical Toxicology, Vol. 24, No. 3, pp. 187-189  
**Funded By:** Not known  
**Conclusion/Findings:** Both treatments caused a temporary rise in serum methanol.
Methanol is a highly toxic alcohol commonly found in automobile windshield washer solvent, gas line antifreeze, copy machine fluid, fuel for small stoves, paint strippers, and as an industrial solvent.

Hyperlink to Study: http://www.ncbi.nlm.nih.gov/pubmed/3957170

44. Year Published: 1977
Funded By: Nippon Dental University, Japan
Conclusion/Findings: Aspartame affects levels of saliva lactation and pH levels.
Hyperlink to Study: http://jdr.sagepub.com/content/56/11/1427.full.pdf

45. Year Published: 2010
Funded By: Center for Fetal Programming, Division of Epidemiology, Statens serum Institute, Denmark
Conclusion/Findings: There was an association between intake of artificially sweetened carbonated and noncarbonated soft drinks and an increased risk of preterm delivery.
Hyperlink to Study: http://www.ncbi.nlm.nih.gov/pubmed/20592133

46. Year Published: 1987
Funded By: MIT
Conclusion/Findings: Aspartame causes greater elevations in plasma phenylalanine than plasma tyrosine in humans.
Hyperlink to Study: http://www.springerlink.com/content/l148w94568vt33hw/

47. Year Published: 1986
Funded By: Neuropharmacology Laboratory, Dept. of Pharmacology, Massachusetts College of Pharmacy and Allied Health Science, Boston
Conclusion/Findings: Aspartame elevates blood and brain tyrosine levels, and cause neurochemical changes that lead to tyrosine-induced drop in blood pressure.
Hyperlink to Study: http://www.springerlink.com/content/p33231m7527215x/?p=41116b2cb5284004987aaa24fa945c9&pi=37

48. Year Published: 1986
Funded By: Grant support NIH.
Conclusion/Findings: Aspartame-induced urticaria confirmed by double-blind challenge.
Hyperlink to Study: http://www.annals.org/content/104/2/207.extract

49. Year Published: 1989
Funded By: Memorial University of Newfoundland
Conclusion/Findings: Found that aspartame may have adverse effects when intraperitoneally injected.
Hyperlink to Study: http://pluto.huji.ac.il/~msrazy/PDF/HolderPBB89.pdf

50. Year Published: 1989
Funded By: Dept. of Neurosurgery State University, New York

Conclusion/Findings: These data indicate that aspartame exposure at 500 mg/kg throughout gestation disrupts odor-associative learning in 15-day-old guinea pigs.

Hyperlink to Study: http://www.ncbi.nlm.nih.gov/pubmed/2796897

51. Year Published: 2006

Full Reference: Aspartame Products as a Potential Danger to Infants, Children & Future Generations, Dr. HJ Roberts, director, Palm Beach Institute for Medical Research

Funded By: No funding

Conclusion/Findings: Aspartame causes a variety of disease in children including headaches, convulsions, unexplained visual loss, rashes, asthma, gastrointestinal problems, obesity, marked weight loss, hypoglycemia, diabetes, addiction (probably largely due to the methyl alcohol), hyperthyroidism, and a host of neuropsychiatric features. The latter include extreme fatigue, irritability, hyperactivity, depression, antisocial behavior (including suicide), poor school performance, the deterioration of intelligence, and brain tumors.

Hyperlink to Study: http://www.rense.com/general70/duut.htm

52. Year Published: 1986


Funded By: MIT

Conclusion/Findings: Plasma phenylalanine concentrations may increase to unacceptable levels when patients with PKU on phenylalanine-restricted diets consume aspartame-containing soft drinks or after loading doses of the sweetener


53. Year Published: 1985


Funded By: Mt. Sinai Medical Center; New York

Conclusion/Findings: This report describes the first confirmed case of aspartame-induced granulomatous panniculitis

Hyperlink to Study: http://www.annals.org/content/102/2/206.short

54. Year Published: 1984


Funded By

Conclusion/Findings: Consumption of aspartame sweetened drinks at levels commonly used to replace lost fluid during exercise yields methanol intake between 15 and 100 times normal intakes.

Hyperlink to Study: http://www.dorway.com/wmonte.txt

55. Year Published: 1989


Funded By: NIH

Conclusion/Findings: Reports that aspartame is a possible mechanism to cause retinal damage.

Hyperlink to Study: http://archopht.ama-assn.org/cgi/content/summary/107/3/339

56. Year published: 1987


Funded by: Supported in part by a grant-in-aid from G.D. Searle

Conclusion/Findings: The data indicate different plasma phenylalanine and aspartate pharmacokinetics between aspartame in solution and capsule administration of aspartame. Peak plasma phenylalanine levels were significantly higher and were reached significantly...
earlier when aspartame was administered in solution than when it was administered in capsules. Administration in solution also produced a significantly higher ratio of plasma phenylalanine concentration to the sum of the plasma concentrations of the other large neutral amino acids. Similarly, peak plasma aspartate concentrations were significantly higher and were reached significantly earlier when aspartame was administered in solution. 


57. **Year published:** 1984  
**Funded by:** Division of Nutrition, Center for Health Promotion and Education, Centers for Disease Control  
**Conclusion/Findings:** In some case reports, the symptoms may be attributable to aspartame in commonly-consumed amounts  
Hyperlink to study: [http://www.ajcn.org/cgi/content/abstract/43/3/464](http://www.ajcn.org/cgi/content/abstract/43/3/464)

Health Problem: Seizures/Convulsions

58. **Year Published:** 1987 
**Full Reference:** Possible Neurologic Effects of Aspartame, a Widely Used Food Additive; Timothy J. Maher and Richard J. Wurtman. Environmental Health Perspectives, Vol. 75, pp 53-57, 1987  
**Funded By:** MIT and Federal Government  
**Conclusion/Findings:** Shows that aspartame can induce seizures  

59. **Year Published:** 1991  
**Funded By:** Istituto di Richerche, Milan, Italy  
**Conclusion/Findings:** Showed that they are more susceptible to convulsions when given higher doses of aspartame  

Letters and Other Commentary from Health Sources

60. **Year Published:** 1995  
**Full Reference:** Emerging Facts about Aspartame. Dr. J. Barua, Dr. A Bal. Journal of the Diabetic Association of India. 1995; Vol. 35, No. 4  
**Funded By:** No funding  
**Conclusion/Findings:** Cites numerous studies showing dangers of aspartame  

61. **Year Published:** 2004  
**Full Reference:** Aspartame: An FDA-Approved Epidemic, HJ Roberts, Palm Beach Institute for Medical Research.  
**Funded By:** No funding  
**Conclusion/Findings:** Cites thousands of consumer complaints to the FDA that include serious adverse events, that the FDA and CDC refused to acknowledge as substantive.  

62. **Year Published:** 1991  
**Funded By:** No funding  
**Conclusion/Findings:** (This is a letter; title implies that vulvovaginitis was triggered by heavy use of aspartame)  
63. **Year Published:** 1985  
**Funded By:** Not applicable  
**Conclusion/Findings:** Reports a clinical case where aspartame combined with carbohydrates causes headaches and other symptoms typical of elevated CNS level of tyrosine.  
**Hyperlink to Study:** [http://ajp.psychiatryonline.org/cgi/reprint/142/2/271a.pdf](http://ajp.psychiatryonline.org/cgi/reprint/142/2/271a.pdf)

64. **Year Published:** 1995  
**Funded By:** No funding  
**Conclusion/Findings:** This article summarizes a number of other people's studies on aspartame.  
**Hyperlink to Study:** [http://smfi.is/media/misc/article-on-aspartame.pdf](http://smfi.is/media/misc/article-on-aspartame.pdf)

65. **Year Published:** 1996  
**Full Reference:** Aspartame as a Cause of Allergic Reactions, Including Anaphylaxis, Archives of Internal Medicine, 1996; 156(9):1027  
**Funded By:** Not known  
**Conclusion/Findings:** Letter arguing that aspartame should have been included as a causative agent of allergic reactions. Cites FDA 7,300-person database of complaints.  
**Hyperlink to Study:** [http://archinte.ama-assn.org/cgi/content/summary/156/9/1027-a](http://archinte.ama-assn.org/cgi/content/summary/156/9/1027-a)

66. **Year Published:** Updated April 23, 2008  
**Full Reference:** Is Aspartame Safe? From an FDA Q&A about aspartame  
**Funded By:** Not applicable  
**Conclusion/Findings:** While denying that aspartame is an allergen, the FDA says: However, certain people with the genetic disease phenylketonuria (PKU), those with advanced liver disease, and pregnant women with hyperphenylalanine (high levels of phenylalanine in blood) have a problem with aspartame because they do not effectively metabolize the amino acid phenylalanine, one of aspartame's components. High levels of this amino acid in body fluids can cause brain damage. Therefore, FDA has ruled that all products containing aspartame must include a warning to phenylketonurics that the sweetener contains phenylalanine.  
**Hyperlink to Study:** [http://answers.hhs.gov/questions/3011](http://answers.hhs.gov/questions/3011)

67. **Year published:**  
**Full Reference:** Scientific Abuse in Methanol/Formaldehyde Research Related to Aspartame  
**Funded by:** no funding  
**Conclusion/Findings:** Exposes studies “proving” safety of aspartame as deceptive, erroneous, and based on industry research using outdated plasma methanol measuring tests. No date of publication.  