



SACCHARIN

Saccharin (INS 954, E 954) is a calorie-free sweetener discovered in 1879. It is 300-500 times sweeter than sucrose.

Saccharin is slowly absorbed, not metabolised. Absorbed saccharin is rapidly excreted unchanged by the kidneys.

Saccharin has been evaluated by independent safety experts of the Joint FAO/WHO Expert Committee on Food Additives (JECFA) (1993), and by the Scientific Committee on Food (SCF) of the European Commission (1995) – now the European Food Safety Authority (EFSA). The Acceptable Daily Intake (ADI) set by both JECFA and by the SCF is 5 mg/kg body weight.

In the EU saccharin is approved as a sweetener for a variety of uses in foods, beverages and tabletop sweeteners in the EU under Annex II of Regulation 1333/2008

Saccharin is approved in more than 100 countries worldwide, including the United States and Canada.