

FAQ on salt of aspartame-acesulfame

1. What kind of evaluation has EFSA undertaken on the salt of aspartame-acesulfame?

EFSA carried out a comprehensive evaluation on the salt of aspartame-acesulfame, as part of a thorough re-evaluation process of all food additives permitted for use in the EU before January 2009. EFSA's independent experts assessed the totality of the available scientific evidence, including a review of data relating to potential toxicity, carcinogenicity and genotoxicity as well as possible reproductive and developmental effects and its breakdown products.

2. What did EFSA conclude about the safety of salt of aspartame-acesulfame?

EFSA concluded that the salt of aspartame-acesulfame is safe for consumers at the established Acceptable Daily Intake (ADI) levels of its respective components (40mg per kg body weight per day for aspartame and 15mg per kg body weight per day for acesulfame K). The opinion confirms that consumer exposure remains within safe limits under typical conditions of use and that there are no changes to the approval of salt of aspartame-acesulfame in the European Union.

3. Did EFSA also review the safety of aspartame?

Yes. As part of the re-evaluation of the salt of aspartame-acesulfame EFSA reviewed the safety of aspartame against the most up-to-date scientific protocols. For aspartame, this included a comprehensive review of all relevant studies published since the last EFSA risk assessment in 2013. EFSA reconfirmed that aspartame is safe with an ADI of 40 mg per kg body weight per day.

4. What is the Acceptable Daily Intake and how is it established?

The Acceptable Daily Intake, or ADI, is the average amount of a food ingredient that can be consumed daily over a lifetime without appreciable health risk. EFSA derives the ADI from the highest dose that causes no adverse effects in animal studies, applying a large safety factor to ensure protection for all population groups, including children and pregnant women.

5. Are consumers in Europe close to exceeding the ADI for salt of aspartame-acesulfame or for aspartame?

No. EFSA's assessment of dietary exposure confirms that intake of aspartame and acesulfame-k among European consumers, including high consumers, remains below the ADI. This is consistent with previous intake assessments and reflects real-world patterns of consumption.

6. Is salt of aspartame-acesulfame safe for children and pregnant women?

Yes. EFSA's safety assessment takes into account sensitive population groups, including children and pregnant women. It is important, however, to keep in mind that children, particularly young children, need ample calories for rapid growth and development. Low/no calorie sweeteners are not approved for use in foods for infants (defined as children under the age of 12 months) and young children (defined as children between 1-3 years). As with all foods, low/no calorie sweeteners should be used as part of a balanced diet.

7. Does salt of aspartame-acesulfame affect blood glucose levels?

No. salt of aspartame-acesulfame does not raise blood glucose levels and can be used by people who need to manage their blood sugar, including people with diabetes, when consumed within the framework of established ADIs.



8. What role can salt of aspartame-acesulfame play in public health?

When used to replace sugar as part of a balanced diet, salt of aspartame-acesulfame can support sugar reduction strategies. It provides sweetness with little or no calories, does not affect blood glucose levels and does not contribute to tooth demineralisation.

For media enquiries, please contact media@sweeteners.org