

Can people with epilepsy consume aspartame?

Yes, aspartame is fine for people with epilepsy, according to the Epilepsy Foundation of America and the Epilepsy Institute. In addition, the Food and Drug Administration looked at 251 reports from people that believed their seizures were caused by aspartame, and found that there was no link between the seizures and aspartame. Scientific studies with high doses of aspartame confirm these results.