

Does aspartame cause allergic reactions?

For nearly every food there is someone who claims to "react" to it. Although a number of studies have been done, there is no scientifically demonstrated link between true allergies and aspartame. Even among those who believed they experienced allergic-type reactions to aspartame, researchers have not been able to duplicate adverse reactions in carefully controlled studies. Aspartame is no more likely than a placebo to cause adverse reactions.