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The European Commission's Scientific Committee on Food (SCF) reaffirms the safety of aspartame

After a review of over 500 documents including scientific papers, conference proceedings and abstracts, the European Commission's Scientific Committee on Food (SCF) has, once again, reaffirmed the safety of aspartame. The SCF previously reviewed the science on aspartame in 1984, 1988 and 1997. On each of these occasions the SCF found aspartame to be safe.

In its comments the SCF said that

"Aspartame is unique among the intense sweeteners in that the intake of its component parts can be compared with intakes of the same substances from natural foods."

The review was originally requested by the UK Food Standard's Agency which has said that it supports the conclusions of the Committee's review. The SCF's report incorporates the findings of the recent report from the Agence Française de Sécurité Sanitaire des Aliments (AFSSA) and is further independent and authoritative confirmation of aspartame's safety.