

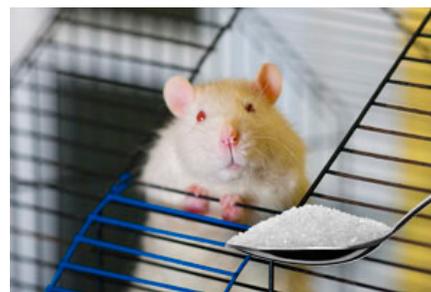


March 17, 2016 – Grand Rapids, MI

Does Sucralose Prevent Cancer?

After Tuesday's message, I'm sure that you were reading labels and getting ready to throw out foods that contain sucralose based on that single study (1). I'd wait a while, at least until I get finished reviewing this study. Today let's take a look at another headline that says sucralose prevents cancer in some mice (2). This was an article written by Emily Willingham, a regular contributor to *Forbes*. She did what I usually do: read the actual research paper and then check out the claims the authors made. I've read it, but she did it first so I'm going to give her the credit for what she found.

Willingham made a couple of observations on the study. Researchers fed the mice different amounts of sucralose mixed in with the animal chow: 0; 500; 2,000; 8,000; and 16,000 parts per million. What she observed was that as the sucralose intake increased, there was a reduction in the rate of cancers for the most part. I say that because it wasn't in a straightforward dose-response order. As the dose of sucralose increased, the rate of cancers decreased except for the highest intake group—which was still less than the control group who took no sucralose. Also the data on male mice were as reported, but the 8,000 ppm group had a reduction in total cancers. That was something that was not reported in the sensational headlines nor addressed in the original paper.



She took it one step further. She contacted the lead author to get his response to several questions, and his answers confirmed her observations. She finished her article with a comment by someone who has reviewed the institute that did the study: they've researched artificial sweeteners for years and always seem to get results that conflict with the other studies done on sucralose and other artificial sweeteners. The comment was "even a stopped watch is correct twice per day." The point is that further research should always be done.

I agree. But I want to point out some other issues with the study before I let this topic go. I'll wrap it up on Saturday.

What are you prepared to do today?

Dr. Chet

References:

1. <http://www.tandfonline.com/doi/abs/10.1080/10773525.2015.1106075?journalCode=vjoh20>
2. <http://www.forbes.com/sites/emilywillingham/2016/03/10/splenda-reduces-cancer-rates-in-some-mice/#555fe66561e57http://onforb.es/1QGknfx>

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