

Aspartame Study: 67% of Female Rats Developed Visible Tumors

By Victoria Inness-Brown, M.A.

“In my opinion, we are the rats of the pharmaceutical and chemical companies that liberally spread their synthetic chemicals worldwide, with no one fully understanding the long-term adverse effects—especially the complex interactions from injecting and intermixing thousands of toxic chemicals in the plant and animal kingdoms sustaining our planet.”

—Victoria Inness-Brown

As a citizen scientist concerned about family members addicted to diet soda, I performed a 2-1/2 year scientific study on the effects of the artificial sweetener aspartame by putting aspartame (in the form of packets of NutraSweet™) in the drinking water of 60 rats, while keeping 48 as controls.

Of my 30 females on aspartame, 20 of them—or 67%—developed tumors the size of golf balls or greater. Of my 30 males on aspartame, seven—or 23%—developed visible tumors. Five control females—or 21%—developed visible tumors generally smaller in size. No tumors were observed in my control males.



Female on aspartame who often used her huge tumor as a pillow

The percentage of females-to-males with tumors was approximately 3:1, which coincides with the complaints about aspartame registered with the U.S. Food & Drug Administration (FDA) before it stopped accepting them, where females registered 77% of all complaints.¹

My rats on aspartame also developed other apparent health issues, such as paralysis, difficulty walking, spasmodic torticollis (also called dystonia, where the neck is twisted and the head continually tilted to one side), infected and bleeding eyes, skin lesions, thinning and yellowing fur, and obesity—which is sad, because people often use aspartame to lose weight.



Male on aspartame whose hind legs became paralyzed while consuming aspartame

¹ H.J. Roberts, MD, Aspartame Disease, an Ignored Epidemic (West Palm Beach, FL: Sunshine Sentinel Press, Inc., 2001): 88. In reference to L. Tollefson, R.J. Barnard, and W.H. Glinsmann, “Monitoring of adverse reactions to aspartame reported to the U.S.

Food and Drug Administration,” in Proceedings of the First International Meeting on Dietary Phenylalanine and Brain Function, edited by R.J. Wurtman and E. Ritter-Walker, Washington DC (May 1987): 347-372.

Three of the rats in my control group developed thinning fur and one developed skin problems.

The US Acceptable Daily Intake (ADI) set by the U.S. Food and Drug Administration (FDA) allows for the human consumption of 50 mg of aspartame per kg of body weight per day, which is equivalent to a 150-lb person drinking about 20 12-oz. cans of diet soda. My male rats received about 34 mg/kg of aspartame per day, which is equivalent to a 150-lb. (68-kg) human male drinking about 13 12-oz. cans or 2.25 two-liter bottles of diet soda a day. My females received about 45 mg/kg per day, which is equivalent to a 120-lb. (55-kg) human female drinking about 14 12-oz. cans or 2.4 two-liter bottles of diet soda a day.

FDA laws state that the ADI for any food additive should be one hundred times less than the lowest amount found to cause adverse health effects.² If my results are considered valid, then the ADI for aspartame should be the equivalent of less than 1/8 can of diet soda per day. However, if the tumor rate observed in my study is considered valid, then aspartame should be removed from the marketplace altogether. According to the pro-aspartame authors of *The Clinical Evaluation of a Food Additive: Assessment of Aspartame*, “If the additive is found to cause cancer in either animals or humans at any dose, it is banned from use as a food additive, as a result of the Delaney Anticancer Clause of 1958.”³

For more details and to view slide-show movies of my results, go to aspartameexperiment.com. For complete details, get *My Aspartame Experiment: Report from a Private Citizen*, available from my website as a downloadable e-book.

Note: After reading my report, my family member who had been consuming the most aspartame-laced diet soda said “*Your report is very convincing. Since reading it, I’ve cut way down on diet sodas with aspartame.*”

Note: My heavily referenced new e-book, *My Aspartame Experiment: Report from a Private Citizen*, shows photos of all adverse results mentioned in this article. The photos are interwoven with compelling personal testimonies from aspartame victims, becoming an integral part of an astonishing story underscored by quotes from independent scientific studies and other sources reporting serious adverse effects from aspartame. Salted within the story are “Pollyanna-like” quotes from aspartame industry “talking points” that are also distributed by the numerous national and global regulatory agencies meant to protect the 200,000,000 consumers worldwide who daily ingest aspartame in over 6000 foods, drinks, pharmaceutical drugs and vitamins. This powerful combination of strategically placed quotes and photos dramatically illustrates the stark contrasts between the studies sponsored by the aspartame industry that consistently claim aspartame is safe, versus those done by independent researchers consistently reporting serious adverse effects from the sweetener. The report also highlights the deep conflicts of interests of the scientists and doctors who did the highly-applauded pro-aspartame *Magnuson 2007 Report*, and debunks a multitude of other aspartame industry studies by exposing the flaws in their experimental designs.

Note: My website aspartameexperiment.com is not to be confused with a site of a similar name posted on February 11, 2008 without my permission, and claiming that I was the author. That site was created by someone who scanned images from and rewrote an early, incomplete,

² Dr. Christian Tschanz, Dr. Harriett H. Butchko, Dr. W. Wayne Stargel, and Dr. Frank N. Kotsonis, *The Clinical Evaluation of a Food Additive: Assessment of Aspartame* (New York, NY: CRC Press LLC, 1996), 24.

³ Ibid.

incorrect, and tattered printout of my report that was a work in progress I had not released to the public. (I didn't finish analyzing my data for another six months and had guessed at some of the information, such as the start date and duration of my experiment.) In addition, valid data in that version of my report was misinterpreted. For example, the unauthorized site claims that my results were from consuming an equivalent in humans of a single can of diet soda per day, while the actual values are 13 and 14 cans daily for human males and females respectively. The unauthorized site was translated into several languages and linked to over 1,000 websites. If you own one of those sites, please correct the information on your site and replace the unauthorized link with aspartameexperiment.com.