

Frequently Asked Questions

What is SPLENDA® No Calorie Sweetener?

SPLENDA® No Calorie Sweetener contains sucralose (SPLENDA® Brand Sweetener), with no unpleasant aftertaste. SPLENDA® No Calorie Sweetener can be used virtually anywhere sugar is used. It can also be used in cooking and baking in a variety of recipes. Like many no- and low-calorie sweeteners, each serving of SPLENDA® No Calorie Sweetener contains a very small amount of common food ingredients, e.g., dextrose and/or maltodextrin, for volume. Because the amount of these ingredients is so small, each serving of SPLENDA® No Calorie Sweetener contains less than five calories and meets the FDA's standards for "no calorie" foods.

SPLENDA® No Calorie Sweetener comes in two forms for consumers, Granulated and Packets. The Granulated form of SPLENDA® No Calorie Sweetener measures and pours just like sugar. SPLENDA® Packets provide a convenient way to add sweetness without guilt!

How is SPLENDA® Brand Sweetener made?

SPLENDA® is the brand name for the ingredient sucralose. It is made through a patented, multistep process that starts with sugar (sucralose) and converts it to a no-calorie, noncarbohydrate sweetener. The process selectively replaces three hydrogen-oxygen groups on the sugar molecule with three chlorine atoms. Chlorine is present naturally in many of the foods and beverages we eat and drink every day, ranging from lettuce and mushrooms to table salt. In the case of sucralose, its addition converts sucrose to sucralose, which is essentially inert. The result is an exceptionally stable sweetener that tastes like sugar, but without sugar's calories. After consumption, sucralose passes through the body without being broken down for energy, so it has no calories, and the body does not recognize it as a carbohydrate.

What research has been conducted to confirm the safety of sucralose (SPLENDA® Brand Sweetener)?

The company is extremely proud of the strong database that supports the safety of sucralose, the sweetening ingredient in all SPLENDA® Sweetener Products. We recognize that this strong safety evidence is one of the many reasons SPLENDA® No Calorie Sweetener has been the number one low-calorie sweetener in the U.S. marketplace for more than three years.

The safety of sucralose is well documented in more than 100 scientific studies conducted over a 20-year period. In addition, sucralose, and specifically the safety data on sucralose, has been reviewed by the U.S. Food and Drug Administration (FDA) and other national regulatory agencies, as well as by international health authorities such as the World Health Organization, and found to be safe for use by all consumers, including children, pregnant women and people with diabetes.

Sucralose has been available in international markets for more than 15 years. The FDA first approved the use of sucralose as a nonnutritive sweetener in 1998 and expanded this approval in 1999. Currently, sucralose is permitted for use in over 80 countries and it has never been required to carry any safety information or warning statements on its labeling.



Do products sweetened with SPLENDA® Brand Sweetener carry any warning labels or information statements?

No. The regulatory agencies and scientific review bodies that have approved the use of SPLENDA® Brand Sweetener do not require any warning or special information statements to be placed on the labels of products sweetened with SPLENDA® Brand Sweetener.

How is sucralose handled by the body?

Although sucralose is made through or in a process that starts with sugar, once it is chemically modified, it is no longer sugar and the body does not recognize it as such or as a carbohydrate. It is not metabolized by the body for energy, so it is calorie-free.

Can women who are pregnant or nursing use SPLENDA® Sweetener Products or other products with SPLENDA® Brand Sweetener?

Yes. The FDA has approved the use of sucralose (SPLENDA® Brand Sweetener) for the general population and imposed no restrictions on its consumption by pregnant women and nursing mothers. SPLENDA® No Calorie Sweetener may be used as part of a healthy prenatal and postnatal diet.

Is SPLENDA® safe for children?

Yes. SPLENDA® No Calorie Sweetener can be a great addition to healthy meal plans for children.

What type of products contain SPLENDA® Brand Sweetener?

SPLENDA® Brand Sweetener makes possible low- or reduced-calorie versions of a wide variety of products due to its unique stability. Over 4,000 products of major food and beverage companies around the world are sweetened with SPLENDA® Brand Sweetener.

What is the role of SPLENDA® No Calorie Sweetener in a healthy diet?

SPLENDA® No Calorie Sweetener may be used as part of a healthy diet that includes a variety of nutritious foods in moderate portions. Because SPLENDA® No Calorie Sweetener has a sugar-like taste and can be used for cooking and baking, it helps meet consumer demand for good-tasting foods and beverages without all the empty calories of sugar.

Can people with diabetes use SPLENDA® No Calorie Sweetener?

Yes. Numerous studies have shown that SPLENDA® Brand Sweetener, or sucralose, is suitable for people with diabetes. Sucralose is not recognized by the body as sugar or as a carbohydrate. It is not metabolized by the body for energy and does not affect blood glucose levels. Sucralose has no effect on carbohydrate metabolism or insulin secretion. Foods and beverages sweetened with SPLENDA® Brand Sweetener can provide good-tasting, lower-calorie alternatives for people with diabetes who are interested in reducing their calorie or sugar intake. As always, people with diabetes should consult their doctors or diabetes healthcare professionals for advice on an individualized dietary plan.

