

# Study: High Doses of Saccharin Do Not Lead to Diabetes In Healthy Adults

Researchers clarify the science by isolating the effect of sugar substitutes from underlying conditions, diet choices and lifestyle habits

The Ohio State University Wexner Medical Center

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## NEWS PACKAGE


<b>SUGGESTED TEASE</b>	THE RECOMMENDATIONS BETWEEN SUGAR AND ARTIFICIAL SWEETENERS SEEM TO CONSTANTLY CHANGE, BUT A NEW STUDY OFFERS SOME CLARITY TO THOSE LOOKING TO MAKE THE HEALTHY CHOICE.
<b>ANCHOR LEAD</b>	AS MORE AMERICANS MAKE AN EFFORT TO LIVE A HEALTHY LIFESTYLE, IT CAN BE DIFFICULT TO KEEP UP WITH WHAT YOU SHOULD AND SHOULDN'T EAT. ARTIFICIAL SWEETENERS HAVE BEEN CONTROVERSIAL AS THE USE OF THESE SUGAR SUBSTITUTES HAS SOARED OVER THE PAST DECADE. THOUGH SOME RESEARCH HAS SUGGESTED THEY LEAD TO SERIOUS HEALTH ISSUES LIKE DIABETES, A NEW STUDY <sup>1</sup> OFFERS SOME GOOD NEWS FOR THOSE TRYING TO REPLACE SUGAR WITH ARTIFICIAL SWEETENERS.
<b>(PACKAGE START) -----</b> <b>CG: Courtesy: The Ohio State University Wexner Medical Center</b> <b>:00 - :03</b> Shots of Kelly running	(Nats - Sound) :02
<b>CG: Kelly Scully</b> <b>Uses artificial sweetener</b>	AS A REGISTERED DIETITIAN, KELLY SCULLY (SKULL-ee) STRIVES TO PRACTICE WHAT SHE PREACHES WHEN IT COMES TO A HEALTHY LIFESTYLE. :05
Shots of Kelly putting artificial sweetener in her coffee	<i>"I try to have at least three to five servings of vegetables a day, and two servings of fruit a day. I'm also an active runner."</i> :07
<b>Kelly Scully (CG'd earlier)</b>	TO LIMIT HER SUGAR INTAKE, SHE ENJOYS HER COFFEE WITH ARTIFICIAL SWEETENER, A SUBSTITUTE THAT HAS BEEN QUESTIONED BY SCIENTISTS FOR OVER A DECADE. :06  <i>"I think there's a lot of conflicting information out there on what's healthy for us, what's okay for us, what's okay</i>

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<p><b>CG: George Kyriazis, PhD</b> Ohio State Wexner Medical Center</p>	<p><i>to eat, what we should be avoiding.” :07</i></p> <p><i>“Recently a very high profile report<sup>2</sup> came out that suggested that artificial sweeteners can induce, rapidly, glucose intolerance by changing your gut microbiota.” :12</i></p>
<p>Shots of lab work</p>	<p>TO RESOLVE THE CONFUSION, GEORGE KYRIAZIS (KEER-ee-AH-zis) AND HIS TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER CONDUCTED A STUDY GIVING THE MAXIMUM RECOMMENDED AMOUNT OF THE COMMON ARTIFICIAL SWEETENER SACCHARIN TO HEALTHY ADULTS FOR TWO WEEKS. THIS ALLOWED RESEARCHERS TO ISOLATE THE EFFECTS OF THE SACCHARIN WITHOUT HAVING TO ACCOUNT FOR UNDERLYING CONDITIONS OR UNHEALTHY HABITS. THEY EXPECTED TO CONFIRM THAT THESE SUBSTANCES DO, IN FACT, CONTRIBUTE TO ADVERSE EFFECTS. :22</p>
<p><b>George Kyriazis (CG'd earlier)</b></p> <p>Shots of artificial sweetener products</p> <p>Shots of sugar</p>	<p><i>“But we didn't. We didn't see any changes at all in gut microbiota, and obviously we didn't see any changes in altering the metabolic profile of healthy individuals.” :12</i></p> <p>THE RESULTS GIVE CONSUMERS PEACE OF MIND THAT SACCHARIN DOESN'T DRIVE THE DEVELOPMENT OF DIABETES AND IS A HEALTHIER OPTION THAN ADDED SUGARS, WHICH ARE WELL DOCUMENTED TO CONTRIBUTE TO DIABETES, AS WELL AS HEART DISEASE AND OBESITY. :11</p>
<p><b>George Kyriazis (CG'd earlier)</b></p> <p>Shots of Kelly drinking coffee</p>	<p><i>“At this point, there's no comparison in terms of the choice, I think. But again, like in everything else, in moderation.” :07</i></p> <p>SO KELLY WILL CONTINUE ENJOYING HER DAILY COFFEE AS IS, TRUSTING THE EVIDENCE THAT IT'S A HEALTHY CHOICE.</p> <p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :08</p>
<p><b>(PACKAGE END) -----</b> <b>ANCHOR TAG</b></p>	<p>FUTURE RESEARCH WILL STUDY EACH TYPE OF F-D-A APPROVED ARTIFICIAL SWEETENER INDIVIDUALLY TO EXAMINE IF THERE ARE DIFFERENCES IN HOW THE BODY METABOLIZES THEM. THEY ALSO PLAN TO DO SOME LONG-TERM STUDIES TO ENSURE ARTIFICIAL SWEETENERS ARE SAFE FOR THOSE WHO USE THEM IN THEIR DAILY LIVES.</p>

**SOCIAL MEDIA**

<p> <b>Share it! Suggested tweet:</b></p>	<p>Artificial sweeteners or sugar – which is the better choice? A new study by <a href="https://twitter.com/OSUWexMed">@OSUWexMed</a> offers some</p>
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**CG: Kelly Scully**  
**Uses artificial sweetener**

Kelly says previous studies on artificial sweeteners lead some to consume too much sugar:  
*“Because of some of the stories about artificial sweeteners causing some damage to your health, some people do choose to use regular sugar rather than artificial sweeteners. But that could end up leading to certain chronic diseases down the road. Especially for people with diabetes, that can severely impact their blood sugar levels.” :19*

### References

<sup>1</sup>High-dose saccharin supplementation does not induce gut microbiota changes or glucose intolerance in healthy humans and mice, **Microbiome, Article 11, January 12, 2021**. Online: <https://microbiomejournal.biomedcentral.com/articles/10.1186/s40168-020-00976-w>

<sup>2</sup>Artificial sweeteners induce glucose intolerance by altering the gut microbiota, **Nature, Issue 514, Sept, 2014**. Online: <https://www.nature.com/articles/nature13793#citeas>

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