

ASPARTAME IS THE MOST DANGEROUS SUBSTANCE IN THE MARKET

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The world we live in plagued by people suffering from diabetes and other diseases such as hyperglycemia, hypoglycemia and these are caused by increase or decrease of sugar in the body and if not managed or good health care the outcome are very fatal and very expensive to manage. As a result of these researchers came out with substances that is alternative to sugar known as sugar substitute.

Aspartame is made up of 40% aspartic acid, 50% phenylalanine and 10% methanol. Aspartate acts as neurotransmitter in the brain by facilitating the transmission of information from neuron to neuron. Too much aspartate in the brain kills certain neurons by allowing influx of too much calcium in to the cell, this influx triggers excessive amount of free radicals which kills the cells. Aspartate is an amino acid taken in its free form significantly raises the blood plasma level of aspartate, the excess aspartate in the blood plasma shortly after ingesting aspartame leads to high level of neurotransmitters in certain areas of the body. The excess aspartate slowly begins to destroy neurons. A few of the many chronic illness that have been shown to be contributed to by long term exposure to excitatory amino acid damage include: multiple sclerosis, memory loss, hormonal problems, hearing loss, epilepsy, Alzheimer's disease, Parkinson disease, brain lesions.

Phenylalanine is an amino acid found in the brain and it is also known as molecule of love. Persons with the genetic disorder phenyl ketonuria cannot metabolize phenylalanine. This leads to dangerous high levels of phenylalanine in the brain sometimes lethal. Excessive levels of phenylalanine in the brain can cause the levels of serotonin to decrease leading to emotional disorders such as depression.

Methanol is a deadly poison that caused some skid row with alcoholics to go blind or dead. Methanol is generally released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin. The most well-known problems from methanol poisoning are vision problems including misty vision, contraction of vision fields, blurring of vision, obscuration of vision, retinal damage and blindness, formaldehyde known as carcinogen causes retinal damage, interferes with DNA replication and cause birth defects.

Finally, from the symptoms we can now conclude that aspartame the most dominant artificial sweetener in the food market is very dangerous.