

## Sweeteners and their Acceptable Daily Intakes

Sweetener	Acceptable Daily Intake (ADI)
Acesulfame-Potassium	15 mg/kg body weight
Advantame	5 mg/kg body weight
Aspartame	40 mg/kg body weight
Cyclamate	11 mg/kg body weight
Erythritol	1000 mg/kg body weight
Monk fruit extract (Lo Han Guo)	3 mg/kg body weight <sup>1</sup>
Neotame	2 mg/kg body weight
Saccharin	5 mg/kg body weight
Steviol glycosides	4 mg/kg body weight
Sucralose	8.8 mg/kg body weight
Sugar alcohols (except Erythritol)	ADI not specified <sup>2</sup>
Thaumatococin	0.9 mg/kg body weight

<sup>1</sup> Monk fruit extract has a temporary ADI. <sup>2</sup> Sugar alcohols are considered self-limiting due to laxation effects.

Reported November 15, 2018