

# aspartame

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## Where is **aspartame** found?

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Aspartame is an artificial, non-saccharide sweetener marketed under a number of trademark names including Equal, NutraSweet, and Canderel. It is also found in approximately 6,000 consumer foods and beverages. It is commonly used in diet soft drinks, and is provided as a table condiment in some countries. It is also used in some brands of chewable vitamin supplements and is common in many chewing gums.

## How can you avoid contact with **aspartame**?

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Avoid products that list any of the following names in the ingredients:

- 1-Methyl N-L-alpha-aspartyl-L-phenylalanate
- 1-Methyl N-L-alpha-aspartyl-L-phenylalanine
- 3-Amino-N-(alphacarboxyphenethyl)succinamic acid N-methyl ester
- 3-Amino-N-(alphacarboxyphenethyl)succinamic acid N-methyl ester, stereoisomer
- 3-Amino-N-(alphamethoxycarbonylphenethyl) succinamic acid
- APM
- Asp-phe-ome
- Aspartam
- Aspartam [INN-French]
- Aspartame
- Aspartame, L,L-alpha-
- Aspartamo
- Aspartamo [INN-Spanish]
- Aspartamum
- Aspartamum [INN-Latin]
- Aspartylphenylalanine methyl ester
- CCRIS 5456
- Canderel
- Dipeptide sweetener
- EINECS 245-261-3
- Equal
- HSDB 3915
- L-Aspartyl-L-phenylalanine methyl ester
- L-Phenylalanine, N-L-alpha-aspartyl-, methyl ester
- Methyl L-alpha-aspartyl-L-phenylalanate
- Methyl L-aspartyl-L-phenylalanine
- Methyl N-L-alpha-aspartyl-L-phenylalaninate
- Methyl aspartylphenylalanate
- N-L-alpha-Aspartyl-L-phenylalanine 1- methyl ester
- Nutrasweet
- SC 18862
- Succinamic acid, 3-amino-N-(alphacarboxyphenethyl)-, N-methyl ester, stereoisomer
- Sweet dipeptide
- Tri-sweet

## What are some products that may contain **aspartame**?

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### Food Products

- Chewing gum
- Diet drinks
- Sweeteners
- Vitamins

## A clinician's point of view.

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## Additional resources and links for **aspartame**.

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To submit resources or links, please fill out the submission form at the top of this page.

For additional information about products that might contain **aspartame**, visit the Household Products Database online at the United States National Library of Medicine. These lists are brief and provide just a few examples. They are not comprehensive. Product formulations also change frequently. Read product labels carefully and talk to your doctor if you have any questions. These are general guidelines. Talk to your doctor for more specific instructions.

