Got a Question?

We’ve got the answer.

THE CLINICIAN’S GUIDE TO SPLENDA®
What is SPLENDA® Low Calorie Sweetener and what is its chemical structure?

SPLENDA® Sweeteners are low calorie sweetening products containing sucralose. Sucralose is produced through a patented process that starts with sugar (sucrose) and replaces 3 hydrogen-oxygen groups with 3 chlorine atoms. But SPLENDA® is not sugar. It is an exceptionally stable molecule that passes through the body without being broken down for energy.

Can patients with diabetes use SPLENDA® Low Calorie Sweetener?

Yes. Clinical studies have shown that SPLENDA® does not affect blood glucose levels, insulin, or HbA1c.1-3 Like other low-calorie sweeteners, the granulated and sachet products contain small amounts of carbohydrate to provide needed volume and texture.

Can children use SPLENDA® Low Calorie Sweetener?

Yes. SPLENDA® can be used by everyone, including children of all ages. SPLENDA® Sweetener products are a great way to reduce the amount of added sugars children consume daily and may even help increase their intake of healthy foods. What’s more, SPLENDA® can be a useful tool for managing overweight children, children with type 1 or type 2 diabetes, or those at risk of diabetes, by helping to reduce calories and carbohydrates from sugar.

Can pregnant and lactating women use SPLENDA® Low Calorie Sweetener?

Yes. SPLENDA® may be used as part of a healthy prenatal and postnatal diet. Studies that specifically examined the potential effects of sucralose on embryo-foetal development showed no birth defects or any other effect that would compromise normal development.3 For patients with gestational diabetes, SPLENDA® can help reduce carbohydrate intake from sugar to help with appropriate meal planning.
How can SPLENDA® Low Calorie Sweetener help with weight management?

SPLENDA® Sweetener can help decrease caloric intake by replacing sugar and, when used in conjunction with regular physical activity, can be an effective way to help with weight management.

A 2007 study published in Pediatrics, demonstrated that by making two simple changes daily,
1. Using SPLENDA® as part of a program to reduce calorie intake.
2. Increasing activity levels, families can help overweight children slow their rate of weight gain.¹

Numerous randomised, placebo-controlled studies have shown non-nutritive sweeteners to be an effective weight management tool and their potential for positive impact has been reaffirmed in a recent meta-analysis study.⁶-⁸

In addition, noted New York Times columnist Jane E. Brody (February 17, 2009) cites research to emphasise that, when used properly as a substitute for higher-energy-yielding sweeteners, low-calorie sweeteners can aid in weight management. As she reported, “Small changes in caloric intake can result in small but meaningful healthier weights.”⁹

To assist in lowering BMI, reduce the risk of obesity and indirectly the risk of cardiovascular disease, high carbohydrate eating patterns, particularly if high in sucrose and fructose should be avoided. Healthy eating for weight loss involves choosing foods lower in energy (kilojoules) and being mindful of how much of the food is being eaten.¹⁰

Using products sweetened with SPLENDA® is a great way to help patients reduce their daily sugar consumption - without sacrificing taste.
Is SPLENDA® Low Calorie Sweetener metabolised by the body?

SPLENDA® Low Calorie Sweetener contains sucralose. Most sucralose (about 85%) is not absorbed and is excreted unchanged in the stool. A small amount (about 15%) is absorbed via passive diffusion, but this is not broken down for energy or to yield smaller molecules in the body. Radiolabel studies showed sucralose is not actively transported across the blood-brain barrier, the placental barrier, or the mammary glands. Most absorbed sucralose is excreted in the urine within 24 hours. 3,11

Does SPLENDA® Low Calorie Sweetener have any side effects - is it safe?

SPLENDA® has no known side effects. Sucralose has been the subject of extensive safety testing, with more than 20 years of research and over 110 scientific studies. 3,4,12 Its safety is well documented and Food Standards Australia and New Zealand (FSANZ), along with regulatory, health, and food safety authorities from around the world, have confirmed that it is safe. 3,4,12-14 There are no warning labels on the products to exclude anyone from enjoying SPLENDA®.

Does SPLENDA® Low Calorie Sweetener cause tooth decay?

No. Sucralose, the low-calorie sweetening ingredient in all SPLENDA® Sweetener Products, is not cariogenic. Studies show that SPLENDA® Sachet and Granulated products, which contain small amounts of carbohydrate per serving (to add volume), are significantly less cariogenic than sugar. 3,15
**Does SPLENDA® Low Calorie Sweetener cause headaches/migraines?**

No. Research does not support that SPLENDA® would cause migraines or headaches and there are no adverse effects expected with its use.\(^3_{,12-14}\) Headaches and migraines are very common and may be caused by many things.

**Will SPLENDA® Low Calorie Sweetener cause gastrointestinal (GI) issues?**

No. SPLENDA® does not cause any GI side effects. More than 20 years of research and over 110 scientific studies confirm the safety of sucralose.\(^3_{,4,12}\)

It is important to note that SPLENDA® is often used in foods like ice cream or chocolate that also contain sugar alcohols. Some individuals are sensitive to sugar alcohols (such as mannitol, sorbitol, xylitol, lactitol, maltitol). Sugar alcohols are known to cause bloating and diarrhoea if consumed in large enough quantities.
SPLENDA® Low Calorie Sweetener contains chlorine. Is that safe?

Yes. Chlorine is an element in daily life. It is a natural component of table salt, and salt is naturally present in many foods, such as lettuce, tomatoes, mushrooms, and peanut butter. Chlorine is also part of more complex molecules naturally found in other foods like lentils, peas, and potatoes. Chlorine is also added to most public drinking water supplies.

Chlorine is used in a patented process that modifies sugar (sucrose) to result in the exceptionally stable low-calorie sweetener, sucralose. It is the presence of the chlorine atoms in sucralose that prevents it from being broken down in the body for energy and makes it non-caloric.

Extensive research shows that SPLENDA® can be used safely by everyone and there is no cause for concern about safety due to the presence of chlorine.3,11-14

Does SPLENDA® Low Calorie Sweetener contain aspartame?

No, SPLENDA® does not contain aspartame. Aspartame is another low-calorie sweetener unrelated to sucralose.
How does SPLENDA® Low Calorie Sweetener compare to other sweeteners?

SPLENDA® has a clean, sugar-like taste without the bitter after-taste of some other low-calorie sweeteners, such as saccharin and acesulfame-K.\(^\text{16-18}\) And unlike aspartame, it holds up to higher heat, so it can be used in cooking and baking.\(^\text{18}\)

SPLENDA® is found in more than 4000 products worldwide and helps make it possible to plan healthy meals. Current dietary guidelines recommend that everyone reduce added sugar in their daily diets. SPLENDA® is a great way to help.

Cooking with SPLENDA®

Because of the excellent heat stability of sucralose, SPLENDA® Granulated Sweetener, unlike some other low-calorie sweeteners, can be used almost anywhere sugar is used in cooking and baking. SPLENDA® Granulated Sweetener works best in recipes where sugar is used primarily to sweeten (rather than for structure or volume), such as pie fillings, cheesecakes, sweet sauces, marinades and glazes. SPLENDA® Granulated Sweetener also works well in quick breads, muffins and biscuits.

For delicious recipes and hints on achieving the best results when cooking with SPLENDA®, please visit [www.splenda.com.au](http://www.splenda.com.au) or [www.splenda.co.nz](http://www.splenda.co.nz).
What’s in SPLENDA® Sweetener Products?

All SPLENDA® products contain sucralose. It gives our products the sweet taste people love without the calories.

Like other low-calorie sweeteners, the granulated and packet products of SPLENDA® Low Calorie Sweetener contain small amounts of carbohydrate to provide needed volume and texture. These common food ingredients contribute so few calories per serving that these products meet the FSANZ criteria for low-calorie foods.

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Are there any known interactions with medications and SPLENDA® Low Calorie Sweetener?

No. There are no known interactions with medications and SPLENDA®. Sucralose (the sweetener in SPLENDA®) is a very stable molecule. There are no warning labels or other information statements required to limit its use.
**The SPLENDA® Low Calorie Sweetener Range**

**SPLENDA® Granulated Sweetener**

1 teaspoon = the sweetness of 1 teaspoon of sugar. Suitable for hot and cold drinks, sprinkling on cereal, cooking and baking.

Energy per teaspoon: 2 calories (8 kJ).

**SPLENDA® Sachets**

1 sachet = the sweetness of 2 teaspoons of sugar. Suitable for hot and cold drinks, sprinkling on fruit and cereal, and comes in a convenient pack for out-of-home use.

Energy per sachet: 4 calories (15 kJ).

**SPLENDA® Tablets**

1 tablet = the sweetness of 1 teaspoon of sugar. Suitable for adding to tea or coffee and comes in a convenient, portable dispenser pack.

Energy per tablet: 0.2 calories (0.8 kJ).
References:
Sample Request Form

First Name
Surname
My Profession is
Address
State Postcode
Contact Phone
Email

☐ Yes, I would like to receive samples

Please post to: Johnson & Johnson Pacific, Locked Bag 5, Broadway NSW 2007, Australia

Notes / Comments / Feedback
RESOURCES FOR YOU AND YOUR PATIENTS

Complimentary brochures, recipes and product samples of SPLENDA® are available for you to hand out to your patients.

If you would like to receive any of these materials, simply contact our Consumer Service Centre:

**Australia:** 1800 811 410

**New Zealand:** 0800 44 1745

Johnson & Johnson Pacific
Locked Bag 5, Broadway NSW 2007, Australia

For more information on SPLENDA® visit our website:

www.splenda.com.au

www.splenda.co.nz

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