THE STRONGEST EVIDENCE SAYS: Sucralose Does Not Affect Blood Sugar

The collective body of research shows no effect of sucralose on blood glucose control.

**Cells (In Vitro)**
- **Why Research is Done with Cells:** Provides controlled, cost-effective and convenient results without whole organisms.
- **Research Considerations:** While research can help us understand how certain cell mechanisms work, results commonly don’t or can’t predict how the whole body responds.

**Animals (In Vivo)**
- **Why Research is Done in Animals:** Used to substitute for humans because of underlying similarities.
- **Research Considerations:** Results from animal studies need to be carefully designed to avoid misleading results. Findings must be considered in the context of the full body of evidence.

**Humans**
- **Why Research is Done in Humans:** Helps improve our understanding from animal studies. While expensive and time consuming, sometimes required by regulatory bodies.
- **Research Considerations:** Studies need to be built with care. The best studies, such as randomized clinical trials, follow strict research guidelines and include measures designed to improve reliability of results, such as randomization, blinding, and more than just a day or two of investigation.

**Sucralose Research in Cells:** Prove sucralose turns on sweet taste receptors in various cell types. Results of some studies have driven hypotheses of potential effects of high concentrations on glycemic control.

**Sucralose Research in Animals:** Evidence from animal studies show sucralose does not affect blood glucose control.

**Sucralose Research in Humans:** Many randomized clinical trials have shown that sucralose has no effect on blood glucose control in humans. Most recently published is a 12-week double-blind, randomized, controlled, clinical study that shows no effect of sucralose on blood glucose control.*


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*Results are compared to results of the full literature, including cellular, animal and other human studies.