



High intake of the artificial sweetener aspartame may lead to the degeneration of brain cells and various mental disorders, according to a research review conducted by South African scientists from the University of Pretoria and the University of Limpopo and published in the European Journal of Clinical Nutrition.

"We propose that excessive aspartame ingestion might be involved in the pathogenesis of certain mental disorders, and also in compromised learning and emotional functioning," the researchers concluded.

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