SWEETENERS AS A CONTRIBUTOR FACTOR TO INTESTINAL MICROBIOTA ALTERATION
Marta Bernardino Morales 2019 June

AIMS
1. To understand the importance of feeding while causing modifications to the intestinal microbiota and, as a consequence, influence the individual health.
2. To evaluate the role played by sweeteners in the intestinal microbiota, observing the evolution of the studies carried out for this purpose.

DIET INTAKE + LIFE STYLE AGE CLINICAL HISTORY GENETICS INFECTIONS IMMUNITY

DIET INTAKE
Up to 57% of changes

LIFE STYLE
AGE
CLINICAL HISTORY
GENETICS
INFECTIONS
IMMUNITY

SWEETENER
GUT BARRIER
STUDIES RESULTS

SACCHARIN
Stevioside
Rebaudioside A
Fructans

SUCRALOSE

STEVIOL GLUCOSIDES

ISOMALTOSE

MALTITOL

LACTITOL

XYLITOL

SWEETENERS

DYSBIOSIS SYMBIOSIS

Dysregulation of immune system, inflammation and disease
Immune system homeostasis and regulation. Healthy life

GUT MICROBIOTA
Production of metabolites

CONCLUSIONS
1. Clear evidence that changes in concentration and type of microbiota are induced by different types of intake. Further studies are needed to find out if the modifications of the intestinal microbiota produced by the diet are a transitory or long-term event.
2. The studies carried out so far do not provide clear evidence of any adverse effects produced by sweeteners to the intestinal microbiota taking into account the doses released for human use. This confirms the point of view supported by all the major international authorities of food safety and health regulations, which state that sweeteners are safe at the levels currently approved.

MAIN REFERENCES