

## **ADI & AFTER TASTE (ACESULFAME POTASSIUM)**

### **Acceptable Daily Intake (ADI)**

The ADI represents the amount of an ingredient that a person can safely consume each day over their entire lifetime.

The FDA sets an Acceptable Daily Intake (**ADI**) level for many Food Ingredients that it clears for use.

The ADI for Acesulfame - K is 15 mg / kg. body weight per day for Children and Adults.

**This means** that a 68 kgs. person can safely consume **1020 mg** of Acesulfame - K every day over his or her lifetime without any adverse health effect.

It means, 1 gm. of Ace-K can be taken every day without any problem .

For a 60 kgs. person, this corresponds to **900 mg.** of Acesulfame – K every day for a lifetime or approximately **200 grams** of sugar equivalent each day.

Individuals may safely exceed this level on some occasions only.

This is because the **ADI** is more than **100 times smaller** than the largest amount of the ingredient that a person could consume without experiencing any physiological effects.

### **After Taste :**

When Acesulfame Potassium is used as the sole sweetener at a high level, a slight bitter aftertaste can be detected by trained sensory panels.

In practice, however, this aftertaste has no relevance.

In manufacturing Foods and Beverages, Acesulfame Potassium combines well with other sweeteners, giving no detectable aftertaste.

Blends of Acesulfame Potassium with other sweeteners are characterized by a clean, Sugar-like sweetness, which is superior to the taste of the individual sweeteners.

Acesulfame K provides a synergistic sweetening effect when combined with other low- and no-calorie sweeteners such as **Sucralose & Aspartame**.

Using blends of low- and no-calorie sweeteners ,

**not only** helps give foods and beverages a **more sugar-like taste**,

**but also**

- Reduces the total amount of sweetener needed and
- Removes after taste bitterness.