



Genuss ohne Reue GmbH | Brookstieg 4 | 22145 Stapelfeld | Germany
Phone +49 (0)40 23 700 820 | hello@genussohnereue.com | www.genussohnereue.com

Stapelfeld, 14.03.2023

New study in Nature Medicine

Does erythritol increase the risk of cardiovascular disease?

A study published in the journal Nature Medicine at the end of February concluded that the sugar substitute Erythritol, which we market and used in various products, could possibly increase the risk of cardiovascular disease. Numerous media have subsequently reported on this in which we are increasingly receiving concerned enquiries. It is therefore important for us to provide you with all of the necessary information to better understand these new research findings.

Scientists at the Cleveland Clinic in Ohio analyzed blood samples from around 1157 people. Study participants who experienced a serious cardiovascular complication such as a heart attack or stroke within the three-year observation period were found to have increased levels of erythritol in their blood plasma. Further experiments showed that erythritol leads to accelerated clot formation in laboratory tests. Anyone who would like to look into this in detail can access the study [here](#) on the official website of the trade journal.

As one of the leading suppliers of natural sugar substitutes - and also in organic quality - we have been active on the market since 2009 and have been monitoring the study situation very closely for many years. Erythritol has been approved as a food additive in around 60 countries since 1990. In 2006, it was also approved in Europe - without restrictions for diabetics or children. Until now, there has been no indication that the use of erythritol could lead to adverse health effects. The results of the new studies were therefore also surprising for us. In the meantime, numerous recognized scientists who were not involved in the study have commented on it and, according to [reports in the Süddeutsche Zeitung](#), for example, they see it "as an important step towards drawing attention to the gap in knowledge about sweeteners and their effects on health".

Nevertheless, they found several weaknesses in the survey. The main criticism was that the study participants already had an increased risk of cardio-vascular disease due to various pre-existing conditions. Therefore it is unclear whether the increased erythritol value is causal for the problems determined - or only a concomitant of already existing illnesses. Because no comparison groups without increased health risk were included, no conclusion can be drawn about the effect of erythritol on healthy people.



The Süddeutsche Zeitung quotes Stefan Kaibisch, study physician at the Clinic for Endocrinology and Metabolic Medicine at the Charité in Berlin, among others: "The dose used in the cell, animal and human experiments in the publication is extremely high compared to the levels measured in the cohorts and thus not accessible by most people through diet." It is too early to warn against sugar substitutes, he said. "Switching back to sugar is probably not the healthier way to go."

Of course, we nevertheless take the study's indications seriously and are in exchange with the Federal Institute for Risk Assessment (BfR). A central task of this independent scientific institution is health risk assessment. Just at the beginning of February, the BfR published a [statement on sweeteners](#).

In it, the institute points out, among other things, that all approved sweeteners and sugar substitutes - including erythritol - are being re-evaluated by the European Food Safety Authority (EFSA) as part of the program to re-evaluate approved food additives. Erythritol is also certain to come under detailed scrutiny once again. We very much welcome this, because the more we know about sugar substitutes, the better we can weigh up their benefits and advise our customers in such a way that everyone can find the sugar alternative that suits them best. If you have any further questions, please do not hesitate to contact us.

With kind regards

Your Genuss ohne Reue-Team