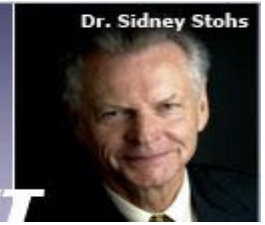




RESEARCH &
DEVELOPMENT

Dr. Sidney Stohs



July 5, 2006

AdvoCare
2727 Realty Rd.
Carrollton, TX 75006

Phone 972.478.4864

Dear Chuck:

You had asked about the safety of using sucralose as opposed to natural sweeteners. Sucralose is undoubtedly one of the safest sweetening agents known. In fact, one can make the case that it is actually safer than using table sugar (sucrose), glucose or fructose (fruit sugar). Over 350,000 premature deaths occur annually in this country due to the excessive consumption of sugars. I am not aware of any deaths associated with sucralose consumption. We do not use Stevia as a sweetener since it is not approved by the FDA as a sweetener due to the lack of adequate safety studies.

The amount of misinformation about sucralose is absolutely appalling. Unfortunately, there is a prominent website regarding sucralose and other substances that I consider absolute "scientific trash". The information provided is not based on sound science. All of the information on this website is anecdotal and has never been published in a reputable scientific journal, nor does it involve any reputable scientific research studies.

Sucralose has over a twenty year history of safe and effective use. Over 100 scientific research articles have documented its safety. It carries no warning from the FDA and is approved by the FDA. It is approved by the food and health agencies of over 40 countries. It can be used by pregnant and nursing women since very little is absorbed. There are no peer-reviewed research publications in scientific journals demonstrating toxic or adverse effects. All of the purported problems associated with sucrose which you listed have not been confirmed by scientific studies.


Sucralose is derived from sucrose, table sugar, by chlorinating it in three positions on the molecule. This provides a substance which is approximately 600 times sweeter than sucrose, and is very poorly absorbed. The amount of chlorine present on the molecule is a tiny fraction of the amount of chlorine already present in our stomachs in the form of hydrochloric acid which aids the digestion of food. Furthermore, the amount of chlorine present is a small fraction of the amount of chlorine we consume daily in the form of table salt (sodium chloride) and which is present in every cell in our bodies.

As noted above, a large number of studies have investigated the safety of sucralose in terms of its effects on organs, growth weight, blood chemistry and fertility as well as teratogenicity and mutagenicity. No effects have been found. If any effects had been found, the product would not be on the market. AdvoCare would not use a product that is not safe and well studied. We do not use any ingredient deemed to be unsafe or harmful based on sound scientific evidence.

Best wishes.

Sincerely yours,

Sidney J. Stohs, Ph.D.
FACN, FATS, CNS, FASAHP
Senior Vice President, Research & Development
AdvoCare International
972.478.4864
972.478.4566 Fax
sstohs@advocare.com

 **ADVOCARE.com**

your original message to ...

Dr. Stohs,

It has recently been brought to our attention that most of the products we are regularly taking contain sucralose. With all of the bad publicity concerning sucralose we have some reservations as to the side effects that it may cause. We are currently taking spark and rehydrate twice a day, trim shakes once or twice a day, and a muscle gain shake post workout. In addition, we regularly take coreplex (pills as well as liquid form), muscle fuel, catalyst, and muscle strength. I was told that your body will absorb up to 14% of the total sucralose ingested. Can you please elaborate for me what if any dangers there are to this product? Should we be cutting back on our intake? Why choose such a highly debated product for Advocare's line in lieu of other sweeteners such as stevia or simply natural sugars? Your attention to this email is appreciated. Thank you in advance for your response.

Best Regards,
Chuck Graham

