



James McDonald

To: Public Petitions Committee

Scottish Parliament

By: e-mail - petitions@scottish.parliament.uk

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Dear Committee members - **Ref: PE1376**

Regrettably the time it has taken for us to get where we are today has been used up waiting for EFSA /SFSA / FSA or COT to complete their latest review of aspartame “safety”. Over the last 32 years and 13 reviews their Opinion has always been the same and always will be; otherwise they would have to admit they have been wrong for 32 years and responsible for untold suffering to us all.

Our campaign has never been interested in aspartame per se, it does not enter the blood stream so cannot do us any harm. Aspartame is broken down in the GI tract to its 3 component parts 10% METHANOL and two amino acids our concern is with its methanol. *Note: aspartame and its derivatives are the only artificial sweeteners that contain unnatural methanol.*

The industrial (unnatural) methanol from aspartame immediately enters our bloodstream and is available to metabolise to its 1st metabolite FORMALDEHYDE (a class 1 carcinogen) formaldehyde’s single objective is to kill us by destroying our protein and changing our DNA – every molecule of unnatural methanol has the potential to become a molecule of formaldehyde. Formaldehyde is a slow silent stealthy killer of humans molecule by molecule over time (0-20years)

Like a Trojan horse, the little methanol molecule can by- pass all our biological barriers, forming formaldehyde molecules in places it could not normally reach EG the brain, eyes, heart , lungs etc causing severe long term damage. This then is the danger from the chronic drip feed of methanol poisoning from even the smallest amounts of aspartame.

Better known are the annual reports, of methanol poisoning from adulterated alcoholic drinks seriously injuring and killing people. The method of poisoning is exactly the same but on a much larger scale and is immediate 24 – 48 hrs. Two undisputed damage levels of unnatural methanol in humans have been ascertained the blinding dose: is one tablespoon (10ml) and the fatal dose: is 3 tablespoons (30ml)

Our petition to the Scottish Parliament is to ban the presence of METHANOL in our processed food and to advise our medical professionals, that for 32 years practically all their patients have been consuming methanol daily in their diet; the need for this is because EFSA/SFSA/FSA/ and COT have been declaring aspartame safe making no mention that it contained 10% w/w unnatural methanol. Doctors and other

medical professionals look up aspartame and find it “safe” so cannot take its methanol consumption into consideration when making a diagnosis.

If the methanol is so dangerous where are all the sufferers – Look no further than our GP surgeries, Hospitals and care homes. For 100 years the methanol industry has been telling us “Don’t drink it ” Don’t breathe it in” “Don’t get it on your skin” - In 1982 COT approved methanol for use in our food claiming; “methanol is not of concern” (COT report 1992) unfortunately even today they are unable to prove it.

What are we all about? In 2009 London and 2010 Dundee we advised England, Scotland and EFSA of our concerns about the methanol in aspartame and our challenge that the ADI (acceptable daily intake) and NOAEL (No Observable Adverse Effect Level) for aspartame were wrong and have been since 1982. We have stated that we believe the methanol in the ADI of aspartame (4mg/kg) to be 35 times too high for safety and the methanol in the NOAEL of aspartame (400mg/kg) would kill a human – see fatal dose above.

To date none of the food safety authorities responsible for ensuring aspartame is safe have discussed, refuted nor demonstrated our claim is false – the last opportunity was the in the last opinion where they mentioned I had raised it but did not publically disprove it. For the last 4 years the authorities have suppressed any knowledge of our challenge proving categorically that the methanol in aspartame is not safe.

We believe the problem is now a medical one and food scientists cannot be trusted to give an unbiased opinion. The nub of my request to the Scottish Government is for our evidence to be independently examined for merit on the basis that:-

- 1) It directly challenges the safety of the amount of methanol we are receiving daily in our diet.
- 2) No Food authority so far has directly refuted our evidence nor demonstrated it to be false.
- 3) All food authorities have been suppressing our information to the detriment of the public health and knowledge.
- 4) Our information categorically proves that the ADI and NOAEL of aspartame are wrong making it an unknown danger to the health of the Scottish people.
- 5) No scientific knowledge is required to judge the merits of our challenge.

A major advantage our work has over the authority’s reliance on very old (circa 1970’s) studies on animals - 80% of which were supplied by the manufacturer, is that our raw data is totally independent from the food industry, it is in the public domain and is derived from actual methanol poisonings in humans.

Scotland alone in the UK has the independence to be able to make up its own mind whether consuming methanol on a daily basis is safe. We would welcome the opportunity to debate the merit our work with the SFSA together with any other medical scientists or committees.

Attached is Appendix 1 of my letter to the EFSA Advisory Forum (16th Jan.2014). It details how we arrive at our values for the ADI of methanol (0.114mg/kg) and methanol in the NOAEL (400mg/kg)

Yours Sincerely,

Jim McDonald (UKAAC)

The ADI and NOAEL of methanol in humans:

ADI of methanol

Based on the data compiled over the years by doctors who treated patients poisoned by methanol as a result of consuming adulterated alcoholic drinks, we were able to set an ADI and NOAEL of methanol.

From the literature the generally accepted acute doses of methanol which harm humans are-

- i) The blinding dose - 1 tablespoon 10ml – (114mg/kg)
- ii) The fatal dose - 3 tablespoons 30ml – (343mg/kg)

There is no data in humans from which to confirm an NOAEL but it must be somewhere between 0 and 114mg/kg we chose 10% of the blinding dose – 11.4mg/kg as the NOAEL of methanol.

The methanol ADI is calculated by taking the NOAEL (11.4mg/kg) and dividing it by 100 = **(0.114mg/kg)**

The current ADI of aspartame (40mg/kg) contains 10% methanol **(4.0mg/kg)**

The methanol in aspartame today is 35 times too high for safety.

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Methanol: in the NOAEL of aspartame.

If the ADI of aspartame is wrong so must be its NOAEL. The current NOAEL of aspartame is **(4000mg/kg)** comprising of: - (mg/kg)*

Phenylalanine	Aspartic Acid	Methanol	/	(Lethal dose of Methanol in humans)
50%	40%	10%		
2000*	1600*	400*	/	343*

It is clear the amount of methanol in the NOAEL of aspartame in rats exceeds the lethal dose of methanol in humans. - The current NOAEL of aspartame is totally wrong.

An NOAEL of aspartame in rats - is NOT an NOAEL of methanol in humans:

Using methanol as the most toxic component of aspartame **its current ADI should be (1.14mg/kg)**