

What is Erythritol?

March 2, 2023 • vajiramandravi.com



Why in news?

- The researchers have pointed out the following issues in the report
 - Long-term use of this particular artificial sweetener is associated with an increased risk of heart attack and stroke.
 - Erythritol **made platelets easier to activate and form a clot**.
 - After ingestion, erythritol is **poorly metabolised by the body**. Instead, it goes into the bloodstream and leaves the body mainly through urine.
 - The human **body creates low amounts of erythritol** naturally, so any additional consumption can accumulate.

What is Erythritol?

- Erythritol is a popular **artificial sweetener** that is widely available throughout the world.
- It is an organic compound – a naturally occurring, four-carbon sugar alcohol (or polyol).
- It is used as a food additive and sugar substitute.
- Erythritol is 60–70% as sweet as sucrose (table sugar).
- However, it is almost **completely noncaloric** and does not affect blood sugar or cause tooth decay.
- **Synthesis:** It is synthesized from corn using enzymes and fermentation.

Q1) What is a heart attack?

A heart attack (medically known as a myocardial infarction) is a deadly medical emergency where your heart muscle begins to die because it isn't getting enough blood flow. A blockage in the arteries that supply blood to your heart usually causes this.

Source: [Does your artificial sweetener have Erythritol? Study says it raises risk of heart attack and stroke](#)

Source: <https://vajiramandravi.com/current-affairs/what-is-erythritol/>

© Vajiram & Ravi. For personal use only.