

*Sugar*



**READ THE LABELS!**

**Do you KNOW exactly what you & your family are eating & drinking?**

*Sugar Free*

**Aspartame accounts for over 75% of the adverse reactions to food additives reported to the Food & Drug Administration. Many of these 92 reactions are very serious including SEIZURES, ADHD, ADD, OBESITY, TUMOURS & CANCER.**

**Many trusted brands & products contain a toxic poison called ASPARTAME!**

**Do you STILL want to risk giving this to your children? ALWAYS READ THE LABELS of the food & drink you buy! EDUCATE YOURSELF on what you & your family are consuming!**

*diet*

**Also beware of other insufficiently tested sweeteners such as SUCRALOSE, SACCHARIN & ACESULFAME K!**

*No Added Sugar*

**WATCH OUT FOR:  
\*Contains a source of phenylalanine**



**SWEETENERS  
OUTTA  
SCHOOLS**

**OUR CHILDREN  
ARE SWEET ENOUGH!**

**Join our  
campaign to get  
sweetened  
products out of  
schools!**

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by South Wales Awakening**

**For more information or to download pre-written letters for you to send to local schools, nurseries, diet clubs, playgroups, etc please see our website:**

**[www.southwalesawakening.co.uk](http://www.southwalesawakening.co.uk)**