

A sugar replacement called erythritol – used to add bulk or sweeten stevia, monkfruit and keto reduced-sugar products – has been linked to blood clotting, stroke, heart attack and death, according to a new study.

“The degree of risk was not modest,” said lead study author Dr. Stanley Hazen, director of the Center for Cardiovascular Diagnostics and Prevention at the Cleveland Clinic Lerner Research Institute.

People with existing risk factors for heart disease, such as diabetes, were twice as likely to experience a heart attack or stroke if they had the highest levels of erythritol in their blood, according to the study, published Monday in the journal Nature Medicine.

“If your blood level of erythritol was in the top 25% compared to the bottom 25%, there was about a two-fold higher risk for heart attack and stroke. It’s on par with the strongest of cardiac risk factors, like diabetes,” Hazen said.

Additional lab and animal research presented in the paper revealed that erythritol appeared to be causing blood platelets to clot more readily. Clots can break off and travel to the heart, triggering a heart attack, or to the brain, triggering a stroke.

“This certainly sounds an alarm,” said Dr. Andrew Freeman, director of cardiovascular prevention and wellness at National Jewish Health, a hospital in Denver, who was not involved in the research.

“There appears to be a clotting risk from using erythritol,” Freeman said. “Obviously, more research is needed, but in an abundance of caution, it might make sense to limit erythritol in your diet for now.” In response to the study, the Calorie Control Council, an industry association, told CNN that “the results of this study are contrary to decades of scientific research showing reduced-calorie sweeteners like erythritol are safe, as evidenced by global regulatory permissions for their use in foods and beverages,” said Robert Rankin, the council’s executive director, in an email.

1. What is the suitable title for the text above?
 - A. The Use of Erythritol
 - B. Erythritol as The New Sugar
 - C. The Risk of Erythritol
 - D. The Advantage and Disadvantage of Erythritol
 - E. How to Consume Erythritol Properly
2. “The degree of risk was not modest,” the underlined word has the same meaning as...
 - A. Humble
 - B. Simple
 - C. Important
 - D. Difficult
 - E. Complicated
3. Why erythritol consider to be a harmful substance?
 - A. Erythritol is a replacement of regular sugar become more often consumed by people.
 - B. Erythritol can easily remake by irresponsible people and sell it cheaper.
 - C. Erythritol can make people who consume it suffers from heart attack.
 - D. Erythritol is made from chemical ingredients which makes blood clot.
 - E. Erythritol makes blood sugar level is increasing and cause other sudden-disease.
4. The tone of the author of the passage is...
 - A. Practical
 - B. Descriptive
 - C. Persuasive
 - D. Concerned
 - E. Contradiction
5. From the text we know that...
 - A. There are still two opposite arguments toward the use of erythritol.
 - B. People must know that consuming erythritol is totally safe.
 - C. Erythritol is a failed substance invented by the researches.
 - D. National Jewish Health agreed that people must avoid to consume erythritol.
 - E. Dr. Andrew Freeman said that people should not be worried to consume erythritol.