

# DID YOU KNOW...

**that research has found a link between food dyes and hyperactive behavior in children?**



In a recent article published in *The Lancet* medical journal, researchers at Southampton University in England reportedly found a link between food dyes and hyperactive behavior in children. Professor Jim Stevenson and his colleagues published their results based upon the examined effects of additives on 153 three-year-olds and 144 children aged 8 and 9.

The children were divided into three groups, two of which were given one of two drinks that contained a different combination of food colorings and sodium benzoate. The third group was given a placebo that contained no food coloring or preservatives.

This double-blinded, placebo-controlled study determined that artificial colors and the preservative sodium benzoate (or both) in a child's diet results in increased hyperactivity in the children tested.

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