

HIDDEN SOURCES OF MSG

Did you know MSG **hides in more than 40 other FDA-approved ingredients**? Because the manufacturer didn't add an ingredient called "monosodium glutamate," they can "truthfully" claim "No MSG added" on their label. Yet, nothing is stopping them from adding ingredients that contain MSG. In that case, the manufacturer only has to list the name of the actual ingredient added, not the ingredients within those ingredients.

Furthermore, to the MSG-sensitive individual, any ingredient that contains **processed free glutamic acids** can cause an MSG-like response.

ALWAYS AVOID THESE INGREDIENTS:

Glutamic acid and/or Glutamate (E 620)	Monosodium glutamate (E 621)
Monopotassium glutamate (E 622)	Calcium glutamate (E 623)
Monoammonium glutamate (E 624)	Magnesium glutamate (E 625)
Sodium glutamate	Yeast extract, Yeast food, Yeast nutrient
Anything "hydrolyzed"	Any "hydrolyzed protein"
Calcium caseinate	Sodium caseinate
Brewers' yeast	Autolyzed yeast
Textured protein	Vetsin
Soy protein, Soy protein isolate	Whey, Whey protein isolate
Disodium 5'-guanylate (E 627)*	Disodium 5'-inosinate (E-631)*

*These both work synergistically with MSG. They are NEVER used unless MSG is also present. If you see them in an ingredient list, you can bet hidden MSG is present, too!

BE CAUTIOUS WITH THESE INGREDIENTS★:

Carrageenan (E 407)	Bouillon, broth, or stock
"Natural flavor" or "flavor" or "seasonings"	Maltodextrin
Citric acid (E 330)	Anything "ultra-pasteurized"
Barley malt, Malted barley, or Malt extract	Pectin (E 440)
Protease, Anything "enzyme modified" Anything containing "enzymes"	Soy milk, Soy sauce, or Soy sauce extract

★This list of ingredients may sometimes contain processed free glutamic acids, but not always.