

March 3, 1981

Ms.

Ft. Collins, Colorado 80525

Dear

This is in reply to your letter of December 19, 1980, concerning the product "Instant Steero Beef Flavor Bouillon Seasoning and Broth." Your letter was received by the Bureau of Foods on February 27, 1981.

* The reaction you experienced with this product may be due to monosodium glutamate (MSG) which is a constituent of the "hydrolyzed vegetable protein." MSG is the sodium salt of glutamic acid, a naturally occurring amino acid which comprises about 20 percent of food protein. MSG is generally obtained by acid hydrolysis of vegetable proteins such as wheat gluten, corn gluten or sugar beet products.

When MSG is "added" to food or to an ingredient of the food, it would have to be declared on the label. However, when MSG is not an added ingredient, such as in the case of hydrolyzed vegetable protein, it does not have to be declared. Therefore, if you wish to avoid the so-called "Chinese restaurant syndrome," you should also avoid foods which contain hydrolyzed vegetable protein. ★

For your information, we are enclosing a copy of 21 CFR 101.35, Notice to manufacturers and users of monosodium glutamate and other hydrolyzed vegetable protein. We hope this information is useful.

Sincerely yours,

Sonia I. Delgado
Assistant to the Director
Division of Regulatory Guidance
Bureau of Foods