

December 9, 1998

Dear Adrienne and Jack,

Greetings from Ohio. The trees are so beautiful. Many robins are drinking water from the garbage lid I put out under the trumpet vine in the back yard.

Brought my new MSG materials for the gathering of nieces and families here. One niece from Tennessee reacts to MSG and has asthma, and a doctor/husband who is not eager for MSG information. He finds medical names for her reactions. A brother, definitely, also reacts to MSG. I promoted Truth in Labeling on Internet to the polite disbelievers.

Adrienne, here's what I received from FDA in Chicago.

First, I'd called the Complaints number and was told rather coldly that FDA didn't keep any product listings. Then, I called the Nutrition number and was told that she had no listing by ingredients, but that Public Affairs might have something. When I called that number Darlene Bailey was very nice. She said they didn't have a complete list but would send one.

Adrienne, please just let me know if I can make any other calls or help you any way I can.

Thank you both for all the important information and help you have given me. I'm so grateful to you for picking me up and taking me to the MSG meetings, and for letting me ask so many questions. I so appreciate everything you have done.

Sometimes I think of you as Paul Revere, and Mrs. Revere, galloping across the country, warning the people, and spreading good information. You are wonderful!

Hoping you have a good winter and looking forward to Spring!

Sincerely,

Cornie McConoghay



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ents contain glutamates (including MSG)
lutamate content indicated in the

Monosodium glutamate (99 percent)
Hydrolyzed vegetable protein, hydrolyzed plant protein, or
protein hydrolysate (5 to 20 percent)
Autolyzed yeast extract (5 to 12 percent)
Sodium caseinate, calcium caseinate (about 1 percent)
Aged cheese, such as Parmesan and Roquefort (about 1
percent)

B. The following ingredients may contain glutamates (including
MSG), but the amounts of glutamate content can range from very
small to significant, depending upon their formulations:

Flavoring
Natural flavoring
Natural beef flavoring
Natural chicken flavoring
Natural pork flavoring

C. The following ingredients may contain glutamates (including
MSG), but the amounts of glutamate content can range from very
small to significant, depending upon their manufacturing
conditions:

Bouillon
Broth
Stock
Tomato paste
Textured protein
Whey protein
Dried yeasts, Torula yeast, and yeast nutrients

NOT A COMPREHENSIVE LIST

A. The following ingredients contain glutamates (including MSG) with the percentages of glutamate content indicated in the parenthesis:

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Autolyzed yeast extract (5 to 12 percent)
Sodium caseinate, calcium caseinate (about 1 percent)
Aged cheese, such as Parmesan and Roquefort (about 1 percent)

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