



## FDA petitioned to update its ‘best advice’ on food safety

**CHICAGO, March 1, 2021** – According to the FDA’s “best advice” on food safety, monosodium glutamate (MSG) is considered an “added chemical hazard.”

That warning will be found in the FDA’s Food Code, considered to be the agency’s “best recommendations” on food safety issues for retail food establishments. MSG has been included in Annex 4, table 2b, *Added chemical hazards at retail*, since 1999, with advice to “avoid using excessive amounts.”

Requesting that the list be expanded to reflect the ever-growing use of excitotoxic chemical hazards in food, Adrienne Samuels, Ph.D., director of the nonprofit Truth in Labeling Campaign has submitted a Citizen Petition to FDA Acting Commissioner Janet Woodcock, M.D., asking that additives containing manufactured free glutamate (MfG) – the same toxic ingredient found in MSG – also be included in the Food Code’s list of *Added chemical hazards*.

“Monosodium glutamate is not alone in containing potentially excitotoxic (brain damaging) MfG” says Samuels. “MfG can be found in dozens of additives used in processed foods, and they should all be listed as ‘chemical hazards’ along with MSG.” A list of the ingredients that always contain MfG is kept up-to-date on the webpage of the Truth in Labeling Campaign.

This is the second MSG-related petition Samuels has sent to the FDA this year. In January, she submitted Citizen Petition FDA-2021-P-0035 asking that the agency revoke the GRAS (generally recognized as safe), status of MSG.

The Truth in Labeling Campaign was founded in 1994 as a nonprofit organization dedicated to promoting the full and honest labeling of food products, with emphasis on the truth, the whole truth, and nothing but the truth about MSG. Its website and blog at <https://www.truthinlabeling.org> provide access to decades of scientific research, personal experience, and investigation into the effects of monosodium glutamate and similar additives.

The Citizen Petition is available at the FDA docket here:  
<https://www.regulations.gov/document/FDA-2021-P-0267-0001>

Or at the Truth in Labeling Campaign website here:  
[https://www.truthinlabeling.org/assets/MfG\\_petition\\_final\\_web.pdf](https://www.truthinlabeling.org/assets/MfG_petition_final_web.pdf)

Petition docket No. FDA-2021-P-0267

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