
Places where the toxic chemical in MSG is often hidden

Many know that MSG causes observable reactions in some people. But they don't know that it's **the manufactured free glutamate (MfG) in the MSG** that causes those reactions. And while MSG is always spelled out in food ingredient lists, MfG is hidden in ingredients you might not suspect of containing it.

- Low fat and no fat milk products often contain milk solids that contain MfG and/or contain carrageenan, guar gum, and/or locust bean gum. Low fat and no fat versions of ice cream and cheese may not be as obvious as yogurt, milk, cream, cream cheese, cottage cheese, etc., but they are not exceptions.

- Protein powders and protein drinks contain glutamic acid, which, invariably, will be processed free glutamic acid (MfG). Individual amino acids are not always listed on labels of protein powders and drinks.

- At present, there is an FDA requirement to include the protein source when listing hydrolyzed protein products on labels of processed foods. Examples are hydrolyzed soy protein, hydrolyzed pea protein, hydrolyzed whey protein, hydrolyzed corn protein. If a tomato, for example, were unprocessed it would be identified as a tomato. Calling an ingredient tomato protein indicates that the tomato has been hydrolyzed, at least in part, and that MfG is present.

- Disodium guanylate and disodium inosinate are relatively expensive food additives that work synergistically with inexpensive MSG.

- MfG will be found in some soaps, shampoos, hair conditioners, and cosmetics where it is hidden in ingredients with names that include the words "hydrolyzed," "amino acids," and/or "protein."

- Drinks, candy, and chewing gum are potential sources of hidden MfG and/or aspartame, Amino-Sweet (new name for aspartame), neotame, and candarel.

- Aspartame will be found in some medications, including children's medications.

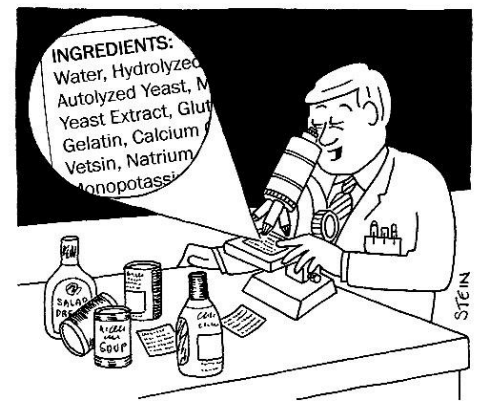
- Binders and fillers for medications, nutrients, and supplements, both prescription and non-prescription, enteral feeding materials, and some fluids administered intravenously in hospitals, may contain MfG.

- According to the manufacturer, Varivax—Merck chicken pox vaccine (Varicella Virus Live), contains L-monosodium glutamate and hydrolyzed gelatin, both of which contain MfG. It would appear that most, if not all, live virus vaccines contain some ingredient(s) that contains MfG.

- There are a number of ingredients identified as organic that contain MfG. Autolyzed yeast, yeast extract, textured soy protein, and anything hydrolyzed are examples. "Organic" has to do with the starting material, not with processing.

Information provided by The
Truth in Labeling Campaign
www.truthinlabeling.org
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Sources of Manufactured Free Glutamic Acid (MfG)



“Eureka! I found the MSG!”

Ingredients that Contain Processed Free Glutamic Acid (MfG)¹

Ingredients that always contain processed free glutamic acid:

- Glutamic acid (E 620)²
- Glutamate (E 620)
- Monosodium glutamate (E 621)
- Monopotassium glutamate (E 622)
- Monoammonium glutamate (E 624)
- Magnesium glutamate (E 625)
- Calcium glutamate (E 623)
- Natrium glutamate
- Yeast extract, Torula yeast
- Anything "hydrolyzed"
- Any "hydrolyzed protein"
- Calcium caseinate
- Sodium caseinate
- Yeast food, Yeast nutrient
- Autolyzed yeast, brewer's yeast
- Gelatin
- Textured protein
- Soy protein (also isolate or concentrate)
- Whey protein (also isolate or concentrate)
- Vetsin
- Ajinomoto
- Anything "protein"
- Anything "protein fortified"
- Anything "protein concentrate"
- Anything "protein isolate"
- Zinc proteninate
- Anything "proteninate"

- Soy sauce
- Soy sauce extract
- Protease
- Anything "enzyme modified"
- Anything containing "enzymes"
- Anything "fermented"

(1) Glutamic acid found in **unadulterated protein** does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed or manufactured, released during processing, or come from protein that has been fermented.

Ingredients that often contain or produce processed free glutamic acid:

- Carrageenan (E 407)
- Bouillon and broth
- Stock
- Natural flavor
- Any "flavor" or "flavoring"
- Maltodextrin
- Citric acid (E 330)
- Anything "ultra-pasteurized"
- Barley malt, Malted barley
- Pectin (E 440)
- Malt extract
- Soy milk
- Seasonings
- Oligodextrin

(2) E numbers are use in Europe in place of food additive names

These ingredients work with MSG to enhance flavor:

If these are present for flavoring purposes, so is MSG.

- Disodium 5'-guanylate (E 627)
- Disodium 5'-inosinate (E-631)
- Disodium 5'-ribonucleotides (E 635)

Ingredients suspected of containing lesser amounts of MSG:

- Corn starch
- Corn syrup
- Modified food starch
- Lipolyzed butter fat
- Dextrose
- Rice syrup, brown rice syrup
- Milk powder
- Reduced fat milk (e.g., skim milk; 1% milk; 2% milk)
- Most things low fat or no fat
- Anything Enriched or Vitamin enriched
- Anything "pasteurized"
- Annatto
- Vinegar
- Balsamic vinegar
- Certain amino acid chelates (Citrate, aspartate, and glutamate are used as chelating agents with mineral supplements.)