



## Consumers are being tricked into eating foods containing MSG

***Don't be part of the deception by passing industry's misleading information on to those you serve!***

When the world's largest producer of monosodium glutamate was presented with evidence documenting the fact that the additive kills brain cells and is an endocrine disruptor, they designed studies and hired researchers to execute those studies, rigged research, infiltrated government agencies, took control of major media and put together a seemingly endless, world-wide, propaganda campaign.

The result has been a widespread misimpression that monosodium glutamate is nothing more than a harmless food additive.

And those deceitful tactics have been going on since 1968.

For details, including supporting data, you'll find the truth, the whole truth, and nothing but the truth about MSG on the new Truth in Labeling Campaign (TLC) website, at [www.truthinlabeling.org](http://www.truthinlabeling.org). The site has blown the lid off FDA/food- industry assurances that MSG added to food and drugs is safe.

The TLC website exposes:

- Where MSG is hidden in processed foods;
- The six "big fat lies" the food industry relies on to keep all of us in the dark about the risks of MSG;
- How MSG is disguised in foods, drugs and supplements;
- The real story behind the so-called fifth taste, "umami;"
- The deceptive practices used by the glutamate industry to promote sales of its brain- damaging, endocrine-disrupting food additive, and,
- Data that confirm MSG can cause brain damage, trigger migraines, damage the eyes, and cause obesity, asthma, seizures and disruption of the endocrine system.

Also revealed are the many ways in which the FDA cooperates with the glutamate industry to keep manufactured free glutamic acid\* unlabeled, practically unregulated and unrestricted in foods, drugs and supplements, along with tips on how to avoid hidden MSG in food.

MSG is a neurotoxic substance that puts everyday consumers at risk for a wide variety of health problems and places ***kids at the greatest risk of suffering lifelong damage***, disrupting hormones that work to coordinate the proper growth and functioning of a child's body.

***Please don't be part of the deception that passes misleading information on to consumers.***

TLC was founded in 1994 as a nonprofit organization dedicated to securing the full and clear labeling of processed foods.

*\*Manufactured free glutamic acid is found not just in monosodium glutamate, but in ingredients such as autolyzed yeast, hydrolyzed pea protein and maltodextrin.*