



FDA petitioned to revoke GRAS status of monosodium glutamate (MSG)

CHICAGO, Jan. 18, 2021 -- Adrienne Samuels, Ph.D., director of the nonprofit Truth in Labeling Campaign has petitioned FDA Commissioner Stephen M. Hahn, M.D. to rescind the Generally Recognized as Safe (GRAS) status of MSG.

“Having MSG called GRAS is inexcusable,” says Samuels. “MSG is a neurotoxic (brain damaging) ingredient, and the FDA is putting it in the same category as baking soda.”

Samuels’ Citizen Petition outlines several key reasons why the GRAS standing of MSG should be withdrawn, including details of reputable and objective research demonstrating MSG-induced toxicity, as well as an eye-opening review of studies manipulated by the glutamate-industry to try and prove otherwise.

“There is a significant difference between the glutamate found in unprocessed protein-containing foods, which is vital for normal body function, and that which is manmade, such as the glutamate in MSG,” Samuels says.

Manufactured glutamate always comes with unwanted byproducts, and it is only manmade glutamate that causes brain damage and adverse reactions when ingested. “Declaring MSG a ‘safe’ substance when valid research tells us otherwise is immoral and needs to be corrected,” she adds.

Samuels co-founded the Truth in Labeling Campaign in 1994 along with her husband Jack, who had an extreme sensitivity to the additive. Jack died nine years ago from heart damage that was worsened by the toxic glutamate in MSG commonly found in the medical devices and drugs used in his care.

“Jack might be alive today had he not spent years suffering from AFib (an irregular heartbeat) following ingestion of MSG hidden in food,” says Samuels.

The Truth in Labeling Campaign was created as a nonprofit organization dedicated to promoting the full and honest labeling of food products. Its website and blog at www.truthinlabeling.org provide access to decades of scientific research, personal experience and investigation into the effects of monosodium glutamate and similar additives.

Jack’s story, *It wasn’t Alzheimer’s, it was MSG*, is available as a free download at the website.

The Citizen Petition can be found at Regulations.gov, by putting the docket number FDA-2021-P-0035 into the search box.

For more information contact Adrienne Samuels: questionsaboutMSG@gmail.com