

## **Names of ingredients that contain Manufactured free Glutamate (MfG) \*1 Updated May 2021**

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Everyone knows that some people react to the food ingredient monosodium glutamate (MSG). What many don't know, is that more than 40 different ingredients contain the chemical in monosodium glutamate -- Manufactured free Glutamate (MfG) -- that causes these reactions. The following list has been compiled over the last 30 years from consumer reports and information provided by manufacturers and food technologists.

### **Names of ingredients that *always* contain MfG:**

Glutamic acid (E 620) \*2  
Glutamate (E 620)  
Monosodium glutamate (E 621)  
Monopotassium glutamate (E 622)  
Calcium glutamate (E 623)  
Monoammonium glutamate (E 624)  
Magnesium glutamate (E 625)  
Natrium glutamate  
anything "Hydrolyzed"  
any "Hydrolyzed protein"  
Calcium caseinate, Sodium caseinate  
Yeast extract, Torula yeast  
Yeast food, Yeast nutrient, Nutritional yeast  
Autolyzed yeast, Brewer's yeast  
Gelatin  
Textured protein  
Whey protein  
Whey protein concentrate  
Whey protein isolate  
Soy protein  
Soy protein concentrate  
Soy protein isolate  
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"  
Vetsin  
Ajinomoto

**Names of ingredients that often contain or produce MfG during processing:**

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

**The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MfG-reaction triggers in HIGHLY SENSITIVE people:**

Corn starch  
Corn syrup  
Modified food starch  
Lipolyzed butter fat  
Dextrose  
Rice syrup  
Brown rice syrup  
Milk powder  
Reduced fat milk (skim; 1%; 2%)  
most things "Low fat" or "No fat"  
anything "Enriched"  
anything "Vitamin enriched"  
anything "Pasteurized"  
Annatto  
Vinegar  
Balsamic vinegar

certain Amino Acid Chelates. (Citrate, Aspartate, and Glutamate are used as chelating agents with mineral supplements.)

**The following work synergistically with the ingredient monosodium glutamate (MSG) to enhance flavor. If they are present for flavoring, so is MSG:**

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

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

**\*2 E numbers are use in Europe in place of food additive names.**

## **Reminders**

Things called "plant-based" proteins (such as the Impossible Burger, Beyond Meat and Just EGG) are made with excitotoxic – brain damaging – free glutamic acid. Free glutamate made from plants such as soy or mung beans causes brain damage and adverse reaction just like any other source of free glutamate.

Low fat and no fat milk products often contain milk solids that contain MfG and many dairy products contain carrageenan, guar gum, and/or locust bean gum. Low fat and no fat 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 contain glutamic acid, which, invariably, will be Manufactured free Glutamate (MfG). Individual amino acids are not always listed on labels of protein powders. If you see the word "protein" in an ingredient label, the product contains MfG.

At present there may be an FDA requirement to include the protein source when listing hydrolyzed protein products on labels of processed foods. Examples are hydrolyzed soy protein, hydrolyzed wheat protein, hydrolyzed pea protein, hydrolyzed whey protein, hydrolyzed, corn protein. If a tomato, for example, were whole, 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 Manufactured free Glutamate (MfG) is present.

Disodium guanylate and disodium inosinate are relatively expensive food additives that work synergistically with inexpensive MSG. Their use suggests that the product has MSG in it. They would probably not be used as food additives if there were no MSG present.

Reactions have been reported from soaps, shampoos, hair conditioners, and cosmetics, where MfG is hidden in ingredients with names that include the words "hydrolyzed," "amino acids," and/or "protein." Most sunblock creams and insect repellents also contain MfG.

Drinks, candy, and chewing gum are potential sources of hidden MfG and/or aspartame, neotame, and AminoSweet (a relatively new name for aspartame). Aspartic acid, found in neotame, aspartame (NutraSweet), and AminoSweet, ordinarily causes reactions in MfG sensitive people. (It would appear that calling aspartame "AminoSweet" is industry's method of choice for hiding aspartame.) We have not seen Neotame used widely in the United States. Aspartame will be found in some medications, including children's medications. For questions about the ingredients in pharmaceuticals, check with your pharmacist and/or read the product inserts for the names of "other" or "inert" ingredients.

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 (or contained) L-monosodium glutamate and hydrolyzed gelatin, both of which contain Manufactured free Glutamate (MfG) which causes brain lesions in young laboratory animals, and causes endocrine disturbances like OBESITY and REPRODUCTIVE disorders later in life. It would appear that most, if not all, live virus vaccines contain some ingredient(s) that contains MfG.

According to the CDC, as listed in its Vaccine Excipient & Media Summary (Appendix B of the "Pink Book"), there are more than 35 vaccines presently in use that obviously contain ingredients that contain MfG.

When ingested, reactions to MfG are dose related, i.e., some people react to even very small amounts. MfG-induced reactions may occur immediately after ingestion or after as much as 48 hours. The time lapse between ingestion and reaction is typically the same each time for a particular individual who ingests an amount of MfG that exceeds his or her individual tolerance level.

Remember: By food industry definition, all MfG is "naturally occurring." "Natural" doesn't mean "safe." "Natural" only means that the ingredient started out in nature like arsenic and hydrochloric acid.

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The list was compiled by Jack and Adrienne Samuels. It is updated periodically if called for.