



Non-profit Truth in Labeling Campaign website blows lid off FDA/industry assurances that MSG added to food is safe

Kids are at the biggest risk of suffering lifelong damage, says group director

CHICAGO -- February 14, 2019: Should you be concerned about MSG added to the food you and your family eat?

“There really is no controversy,” says Truth in Labeling Campaign (TLC) director Adrienne Samuels, Ph.D. “MSG is a toxic substance that puts everyday consumers at risk for a wide variety of health problems ranging from headaches, anxiety and depression to heart-rhythm ailments and brain damage. Even more frightening, it puts the very young in jeopardy of lifelong conditions such as reproductive disorders and gross obesity.”

Samuels goes on to advise that MSG added to children’s food is an excitotoxic endocrine disruptor, meaning it has the power to disrupt how hormones work to coordinate the proper growth and functioning of a child’s body.

TLC’s new website, found at www.truthinlabeling.org, reflects decades of scientific research, personal experience and investigation into the effects of monosodium glutamate, exposing the truths about this commonly used additive. Further, it reveals the “Six Big Fat Lies” used as propaganda by the glutamate industry.

You’ll also learn how the Food and Drug Administration has long turned a blind eye to the ongoing efforts to keep manufactured free glutamic acid* unlabeled, practically unregulated and unrestricted in foods, drugs, and supplements.

“Once you realize how our food supply has been compromised to allow a known brain toxin to be liberally used in processed foods, food products designed for invalids and infant formulas, you’ll never be able to shop the same way again,” says Samuels.

All of the information presented at the TLC website is thoroughly referenced with reams of supporting data. To help the public make informed choices, Samuels uses the website to offer tips on how to avoid hidden MSG in food, as well as ways to advise others about the insidious dangers of this unlabeled additive.

The Truth in Labeling Campaign was founded in 1994 as a nonprofit organization dedicated to securing the full and clear labeling of processed foods. Over the years the group’s activities have included visits with politicians and scientists, attending food-industry meetings and giving testimony before the FDA. In 1995 TLC filed a lawsuit against the FDA.

The website also offers visitors a free download for the book, *It wasn’t Alzheimer’s, it was MSG*.

*Manufactured free glutamic acid is found in ingredients such as autolyzed yeast, glutamic acid, hydrolyzed pea protein, maltodextrin, and monosodium glutamate.