

**The following are adverse reactions
known to be caused from time to time by MSG**

The following list has been compiled over the last 30 years by Jack and Adrienne Samuels from consumer reports and information provided by health care practitioners.

<p>Cardiac</p> <p>Arrhythmia Atrial fibrillation Tachycardia... Rapid heartbeat, Palpitations Slow heartbeat Angina Extreme rise or drop in blood pressure</p> <p>Circulatory</p> <p>Swelling</p> <p>Gastrointestinal</p> <p>Diarrhea Nausea/vomiting Stomach cramps Irritable bowel Swelling of hemorrhoids and/or anus area Rectal bleeding Bloating</p> <p>Muscular</p> <p>Flu-like achiness Joint pain Stiffness</p>	<p>Neurological</p> <p>Depression Mood swings Rage reactions Migraine headache Dizziness Light-headedness Loss of balance Disorientation Mental confusion Anxiety Panic attacks Hyperactivity Behavioral problems in children Attention deficit disorders Lethargy Sleepiness Insomnia Numbness or paralysis Seizures Sciatica Slurred speech Chills and shakes Shuddering Tinnitus</p> <p>Visual</p> <p>Blurred vision Difficulty focusing Pressure around eyes</p>	<p>Respiratory</p> <p>Asthma Shortness of breath Chest pain Tightness in the chest Runny nose Sneezing</p> <p>Urological / Genital</p> <p>Swelling of the prostate Swelling of the vagina Vaginal spotting Frequent urination Nocturia</p> <p>Skin</p> <p>Hives (both internal and external) Rash Mouth lesions Temporary tightness or partial paralysis (numbness or tingling) of the skin Flushing Extreme dryness of the mouth Face swelling Tongue swelling Bags under eyes</p>
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