

MSG

Processed free glutamic acid (MSG) is hidden in food, drugs, cosmetics, fertilizer, fungicides, plant "growth enhancers," and pesticides. Hidden, we believe, because the glutamate industry understands that MSG is a toxic substance: that it causes adverse reactions, brain lesions, endocrine disorders and more. Furthermore, the glutamate industry must certainly understand, as we do, that if the MSG in food, drugs, and cosmetics was disclosed on product labels, people who reacted adversely to those products might realize that it was the MSG they were reacting to, and might, therefore, refrain from buying any products that contained MSG.

HIDDEN SOURCES OF PROCESSED FREE GLUTAMIC ACID (MSG)

*NAMES OF INGREDIENTS THAT CONTAIN ENOUGH MSG
TO SERVE AS COMMON MSG-REACTION TRIGGERS*

The MSG-reaction is a reaction to free glutamic acid that occurs in food as a consequence of manufacture. MSG-sensitive people do not react to protein (which contains bound glutamic acid) or any of the minute amounts of free glutamic acid that might be found in unadulterated, unfermented, food.

Read Your Labels:

These ALWAYS contain MSG

Autolyzed yeast
Calcium caseinate
Diglycerides
Flavor enhancer
Glutamate
Glutamic acid
Gelatin

Hydrolyzed protein
(any protein that is hydrolyzed)
Hydrolyzed corn gluten
Modified food starch
Monoglycerides
Monopotassium glutamate
Monosodium glutamate
Natural flavoring

Sodium caseinate
Sodium stearate
Textured protein
Yeast nutrient
Yeast extract
Yeast food

These OFTEN contain MSG or create MSG during processing

Barley malt
Bouillon
Broth
Carrageenan
Enzymes anything
Enzyme modified anything
Fermented anything
Flavors(s) & Flavoring(s)
Maltodextrin
Malt extract
Malt flavoring

Natural beef flavoring
Natural chicken flavoring
Natural flavor(s)
& flavoring(s)
Natural pork flavoring
Pectin
Protease
Protease enzymes
Protein fortified anything
Seasonings
(the word "seasonings")

Stock
Soy protein
Soy protein concentrate
Soy protein isolate
Soy sauce
Soy sauce extract
Ultra-pasteurized
Wheat protein
Whey protein
Whey protein concentrate
Whey protein isolate

In ADDITION...

- The new game is to label hydrolyzed proteins as pea protein, whey protein, corn protein, etc. If a pea, for example, were whole, it would be identified as a pea. Calling an ingredient pea protein indicates that the pea has been hydrolyzed, at least in part, and that processed free glutamic acid (MSG) is present.
- Disodium guanylate and disodium inosinate are 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.
- MSG reactions have been reported to soaps, shampoos, hair conditioners, and cosmetics, where MSG is hidden in ingredients that include the words "hydrolyzed" and "amino acids."
- Low fat milk products often include milk solids that contain MSG.
- Drinks, candy, and chewing gum are potential sources of hidden MSG and of aspartame. Aspartic acid, found in aspartame (NutraSweet), ordinarily causes MSG type reactions in MSG sensitive people. Aspartame is found in some medications, including children's medications. Check with your pharmacist.
- 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 MSG.
- According to the manufacturer, Varivax–Merck chicken pox vaccine (Varicella Virus Live), contains L-monosodium glutamate and hydrolyzed gelatin both of which contain processed free glutamic acid (MSG) which causes brain lesions in young laboratory animals, and causes endocrine disturbances like OBESITY and REPRODUCTIVE disorders later in life.

Reactions to MSG are dose related, i.e., some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours.

Note: There are additional ingredients that appear to cause MSG reactions in ACUTELY sensitive people. A list is available by request.

Remember: By FDA definition, all MSG is "naturally occurring." "Natural" doesn't mean "safe."

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