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| code | name | approved? | from? | Bad for | Good for | General information |
| E100 | Curcumin | yes | vegetable | may cause miscarriage during pregnancy | anti-inflammatory, antioxidant, anti-tumor | the production of cheeses, butter, mustard. in the manufacture of liquors and other alcoholic beverages |
| E101 | Riboflavin | Dubious | artificial | the development of various kinds of allergies, and also dysfunction of the kidneys, as well as of the organs of vision, can be triggered | necessary for the health of nails, hair, skin, as well as the thyroid gland. | used as yellow food coloring.  Most ofteninf cereals, bread, peanut butter, breakfast cereals. |
| E102 | Tartrazine | Dubious | synthetic | leads to a deterioration in brain activity, a decrease in attentiveness against a background of hyperactivity |  | It is most often used for painting drinks, as well as for giving yellow color to confectionery products: jam, jelly, sweets, ice cream, cakes, cakes, etc. |
| Е-104 | Quinoline yellow ws | Dubious | synthetic | inflammation of the skin, urticaria, anaphylaxis, asthma attacks | . | used in smoked fish, groceries, drinks; for the production of colored tablets, candies and chewing gums. |

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| E110 | Yellow "sunset" (orange yellow S) | Dubious | synthetic | nausea, urticaria (rash), nasal congestion, rhinitis (runny nose), swelling of the kidneys, allergies, chromosomal damage, indigestion, vomiting, abdominal pain, eating a meal. |  | it is used for coloring many products: orange zucchini, lemon curd, cheese sauce, canned fish, crackers, oriental spices, packaged soups.  E 110 is added to icing, jams, ice cream and marmalade. |
| е120 | Cochineal, carminic acid | no | animal | Allergic reactions, asthma attacks and anaphylactic shock. | . | Used for the manufacture of alcoholic and non-alcoholic drinks, sausages, sauces, ketchups, glazes, juices and jellies,yogurts. |
| E122 | Karmazin | Dubious | synthetic | lead to allergic reactions in the form of a skin rash. decrease in concentration |  | additive E122 can be found in jams, syrups, marmalades, confectionery, drinks and juices of red color. |
| E123 | Amaranth | Dubious | synthetic | may cause rhinitis (runny nose), urticaria (itchy rash). Amaranth negatively affects the liver and kidneys |  | used for the preparation of semi-finished biscuit and soft drinks. |
| E124 | Ponceau 4R | Dubious | synthetic | can trigger the development of cancer. is a strong allergen, and can cause anaphylactic shock, or an asthma attack |  | Additive E124 is used in the manufacture of fish and meat products, dairy desserts, cakes and curd products. |

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| E131 | Blue patented V | Dubious | synthetic | gastrointestinal upsets, allergic reactions, hyperactivity, urticaria, anaphylaxis, asthma attacks. |  | it can be found in minced meat, sausages and meat products. in some types of drinks. |
| E132 | Indigo carmine | doubtful | synthetic | heart problems, nausea. provokes asthma attacks and causes serious allergic reactions. |  | used as a dye in the manufacture of soft drinks in glass bottles, ice cream |
| E140 | Chlorophyll | yes | vegetable | allergic reactions - from skin rashes to indigestion. | Chlorophyll is an essential element for the removal of various kinds of toxins from the human body. | Dye E140 gives olive shades to products in the production of creams, ice cream, dairy desserts, mayonnaise and various sauces |
| E141 | Chlorophyll copper complex | yes | vegetable |  | excellent for use as dietary supplements that restore hemoglobin levels. | It is used in the production of dairy products as a dye, in the manufacture of ice cream and dairy desserts. |
| E142 | Green s | Dubious | synthetic | severe allergic reactions in direct contact with skin |  | used as a dye in the manufacture of mint sauce, canned peas, fruits. ice cream (e.g. fruit ice), desserts, sweets, and various confectionery products (rarely) |

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| E153 | Charcoal | Dubious | natural | Perhaps a violation of the gastrointestinal tract.  It has a moderately toxic effect.  It is a carcinogen.  Can cause cancer.  Allergic reactions possible |  | mainly used for decorating confectionery and coloring drinks |
| E160a | Alpha, Beta, Ha Macarotins | doubtful | artificial | lead to carotenemia. a change in skin tone to a more yellow color | carotenes are antioxidants, they prevent the accumulation of lipid peroxidation products in the body, thereby relieving it of excess toxins | Used as a safe dye. It is found in drinks, juices, pastries and other products. |
| E162 | Beetroot red (betanin) | Dubious | natural | an allergic reaction negatively affects the state of health, especially on the well-being of the liver | improves liver cell function. increases capillary strength, relieves vascular spasms, lowers blood pressure | used for tinting meat, sausages, drinks, ice cream, in the production of desserts, jellies, jams, liquorice candies and other sweets |
| E170 | Calcium Carbonate (chalk) | Dubious | natural | harmless to health | takes part in the processes of maintaining normal functioning of the heart, blood coagulation, bone formation | used as a dye, acidity regulator, baking powder |
| E216 | Propylparaben | doubtful | synthetic | Parabens increase the risk of breast cancer in women, and also lead to infertility in men. parabens cause cancer or other diseases |  | used along with E217 as a preservative for meat and confectionery |

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| E217 | Para-hydroxybenzoic acid propyl ether sodium salt | doubtful | synthetic | can cause headaches, intestinal upset, hyperactivity in children |  | used along with E216 as a preservative for meat and confectionery |
| Е218 | Methylparaben | yes | synthetic | There is no harm to human health supplement E218 yet. | used against gram-positive bacteria and, less commonly, against mold and gram-negative bacteria | used in the production of meat and confectionery |
| е300 | Ascorbic acid (Vitamin C) | yes | artificial | may lead to skin irritations, diarrhea, allergic reactions, and irritation of the urinary tract | maintains optimal levels of metabolism and energy production | sausages, meat products, fruit and berry juices, preservation (fish, vegetable, meat) |
| E301 | Sodium ascorbate | yes | artificial | can cause digestive upset | prevents the development of atherosclerosis, helps reduce  risk of heart disease. | used in the food industry for the production of meat products, fish products |
| е304 | Ascorbyl palmitate | doubtful | synthetic | may contribute to kidney stones and urinary tract disorders | Protects cells of the human body from harmful toxins, oxidation and destruction | Used by:  - in all types of fats, in oils suitable for the preparation of salads, as well as in mayonnaise,  - in the form of a vitamin. |

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| E307 | Synthetic Alfatocopherol | doubtful | artificial | gastric bleeding; enlarged liver; bleeding disorders | It helps to treat herpes, eczema, skin ulcers, depriving and other skin diseases, helps to accelerate the healing of tissues after burns | used as an antioxidant to slow down the oxidation processes of products |
| E308 | Synthetic gammocopherol | yesl | synthetic | does not harm the body, but does not bring more benefits | protects unsaturated fatty acids in the body and enhances immunity and its performance | - in meat products, in dry milk mixtures,  - in the composition of vitamins based on ascorbic acid |
| E320 | Butylhydroxyanisole | doubtful | synthetic | a small amount of E 320 additive will not be harmful to health. Exceeding the permissible norm can cause allergies, disruption of the liver, stomach. It is considered safe to use 0.5 mg / kg of body weight per day. | Food antioxidant E 320 as a fully synthetic substance of biological value does not represent | Additive E320 in the food industry is used for the production of various concentrates, semi-finished products, as well as chewing sweets and gums |
| E322 | Lecithin | yesl | synthetic | causes severe allergic reactions. It can also cause diseases of the gastrointestinal tract | restoration and growth of cells, supplies nutrients and vitamins to all cells of the body | confectionery (chocolate, cookies, muffins, cakes, sweets, etc.), margarines and spreads, bread and bakery products, mixes for baby food, etc. |
| E422 | Glycerol | Dubious | artificial | may cause dehydration, kidney disease, and circulatory problems | reduces intracranial pressure, are important components in the metabolism in living organisms | used in the manufacture of confectionery, as well as some alcoholic beverages. Often found in chocolate products, cakes, pastries |